



# CHAKRAS





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THERE ARE SEVEN MAIN CHAKRAS IN YOGA.

THEY ARE ROOT (RED), SACRAL (ORANGE), SOLAR PLEXUS (YELLOW), HEART (GREEN), THROAT (BLUE), THIRD EYE (INDIGO), AND CROWN (VIOLET).



# CHAKRAS

AN EASY WAY TO REMEMBER THEIR  
CORRESPONDING COLORS IS R.O.Y.G.B.I.V.

EACH CHAKRA ALSO HAS A CORRESPONDING SOUND  
VIBRATION AND SYMBOL.



## WHAT ARE THE CHAKRAS?

CHAKRAS ARE IN ESSENCE, ENERGY CENTERS WITHIN THE BODY.

CHAKRA LITERALLY TRANSLATES TO “WHEEL,” OR “DISK.” WHEN BALANCED, EACH CHAKRA PROVIDES THE RIGHT AMOUNT OF ENERGY TO EVERY PART OF THE BODY, MIND, AND SPIRIT.



## HISTORY OF CHAKRAS

WHILE THE CHAKRA SYSTEM WAS FIRST NOTED IN THE VEDAS (DATING BACK TO 1500-500BC), WHEN OVERLAPPED WITH WESTERN SCIENTIFIC ANATOMY, EACH CHAKRA CAN BE ASSOCIATED WITH MAJOR BUNDLES OF NERVES AND VITAL ORGANS WITHIN THE BODY.



# IDENTIFY THE FOLLOWING

NAME

COLOR

LOCATION

WHEN BALANCED

WHEN UNBALANCED



# ROOT

## MULADHARA





**ROOT**

MULADHARA

RED

BASE OF THE SPINE, PELVIC FLOOR

WHEN BALANCED...

SENSE OF SECURITY AND SURVIVAL.

BASIC NEEDS, PHYSICAL AND EMOTIONAL.

WHEN OUT OF BALANCE...

ANXIETY DISORDERS, FEARS, NIGHTMARES, COLON, BLADDER,

ELIMINATION, LOWER BACK, LEG OR FEET ISSUES



## **ASANAS TO BALANCE - ROOT**

KNEE TO CHEST

BRIDGE POSE

HALF/FULL LOCUST

HEAD TO KNEE



# SACRAL

## SVADHISTHANA





**SACRAL**

SVADHISTHANA

ORANGE

BETWEEN THE PUBIC BONE NAVEL

WHEN BALANCED...

HEALTHY SEXUAL & CREATIVE ENERGIES

WHEN OUT OF BALANCE...

UNINSPIRED CREATIVELY, EMOTIONAL INSTABILITY,

DIGESTIVE ISSUES



# **ASANAS TO BALANCE - SACRAL**

GODDESS POSE

PELVIC ROCK: KEGELS

STANDING HIP CIRCLES



# SOLAR PLEXUS

## MANIPURA





# SOLAR PLEXUS

## MANIPURA

YELLOW

NAVEL TO THE RIBCAGE

METABOLIC, DIGESTIVE AND STOMACH RELATED

INDIVIDUAL WILLPOWER, PERSONAL POWER, AND COMMITMENT

WHEN OUT OF BALANCE

LOW SELF-ESTEEM, DIFFICULTY MAKING DECISIONS, ANGER,

CONTROL ISSUES



# ASANAS TO BALANCE - SOLAR PLEXUS

BOAT POSE

PLANK

BOW

BREATH OF FIRE



# HEART

## ANAHATA





**HEART**

ANAHATA

GREEN

CENTER OF YOUR CHEST

WHERE PHYSICAL AND SPIRITUAL MEET

WHEN BALANCED...

LOVE, JOY, INNER PEACE AND COMPASSION

WHEN OUT OF BALANCE...

GRIEF, ANGER, JEALOUSY, FEAR OF BETRAYAL



## **ASANAS TO BALANCE - HEART**

ALTERNATE NOSTRIL BREATHING

COBRA

FISH

HUMBLE WARRIOR



# THROAT

## VISHUDDHA





**THROAT**  
VISHUDDHA  
PALE BLUE  
THROAT

WHEN BALANCED...

CLEAR COMMUNICATION

ABLE TO FULLY LISTEN AND EXPRESS YOURSELF CLEARLY

WHEN OUT OF BALANCE...

UNABLE TO SPEAK YOUR TRUTH, HARD TO STAY FOCUSED, FEAR OF  
JUDGMENT



# ASANAS TO BALANCE - THROAT

NECK SIDE STRETCHES

HEAD CIRCLES

FISH

PLOUGH POSE

SHOULDER STAND



# THIRD-EYE

## AJNA





# THIRD-EYE

AJNA

INDIGO

FOREHEAD BETWEEN EYEBROWS

WHEN BALANCED...

DEVELOPED INTUITION, IMAGINATION, WISDOM

WHEN OUT OF BALANCE...

DEPRESSION, ANXIETY, HEADACHES, DIZZINESS



## **ASANAS TO BALANCE - THIRD-EYE**

CHILD'S POSE

CANDLE GAZING

WIDE-LEGGED FORWARD FOLD



# CROWN SAHASRARA





**CROWN**

SAHASRARA

VIOLET

CROWN OF THE HEAD

WHEN BALANCED...

PURE AWARENESS, CONSCIOUSNESS,  
UNDIVIDED AND ALL EXPANSIVE

WHEN OUT OF BALANCE...

FEELINGS OF ISOLATION, EMOTIONAL DISTRESS



# ASANA TO BALANCE - CROWN

RABBIT

HEADSTAND

SUKHASANA FOR MEDITATION



## **ONE IMPACTS THE NEXT**

DEFINE THE INFLUENCE OF CHAKRAS ON ONE ANOTHER.

WHAT HAPPENS WHEN ONE IS OUT OF BALANCE AND WHAT  
CAN WE DO TO ALIGN?



## TRUSTED RESOURCE

[HTTP://WWW.YOGAJOURNAL.COM/ARTICLE/CHAKRAS-YOGA-FOR-BEGINNERS/BEGINNERS-GUIDE-CHAKRAS/](http://www.yogajournal.com/article/chakras-yoga-for-beginners/beginners-guide-chakras/)





THANKS  
FOR  
JOINING!



- MICHELLE RAE SOBI