

ROOT CHAKRA

SELF-PRESERVATION

Survival, Safety, Security, Grounding, Life Force



YOGA POSES



Chair Pose
Utkatasana



Thunderbolt Pose
Vajrasana



Garland Pose
Malasana



Mountain Pose
Tadasana



Staff Pose
Dandasana



Bridge Pose
Setu Bandha Sarvangasana



Warrior II Pose
Virabhadrasana II

HEALTH STATE

Balanced:

Grounded, Energetic,
Physically Fit, Safe, Secure,
Fearless, Calm, Centered

Unbalanced:

Apathy, Laziness, Depression,
Fear, Insecurity, Lack of
Motivation, Weak Physical
Health

AFFIRMATIONS

- I am centered and grounded
- I love being in my body
- I have everything I need
- I am connected to nature
- I am safe



SACRAL CHAKRA

SELF-GRATIFICATION

Sexuality, Relationships, Joy, Pleasures, Emotions, Creativity



HEALTH STATE

Balanced:

Creative, Passionate, Sensual,
Playful, Balanced Emotions,
Energetic, Joyful

Unbalanced:

Guilt, Addictive Behaviors,
Explosiveness, Drama,
Seeking Attention, Lack of
Desire, Insecurity, Anxiety

AFFIRMATIONS

- I am creative and joyful
- I embrace my sexuality
- I honor my desires
- I am playful and spontaneous
- I deserve to enjoy life

YOGA POSES



Goddess Pose
Utkata Konasana



Bound Angle Pose
Baddha Konasana



Triangle Pose
Utthita Trikonasana



Forward Bend
Paschimottasana



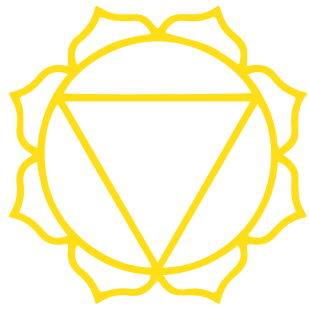
Crescent Pose
Anjaneyasana



Wide-Angle Seated Forward Bend
Upavistha Konasana



Reclined Thunderbolt Pose
Supta Vajrasana



SOLAR PLEXUS CHAKRA

SELF-DEFINITION

Self-Esteem, Power, Ego, Strength, Transformation



YOGA POSES



Plank Pose
Phalakasana



Downward-Facing Dog
Adho Mukha Svanasana



Boat Pose
Paripurna Navasana



Crescent Pose
Anjaneyasana



Knees-to-Chest
Apanasana



Bow Pose
Dhanurasana



Triangle Pose
Trikonasana

HEALTH STATE

Balanced:

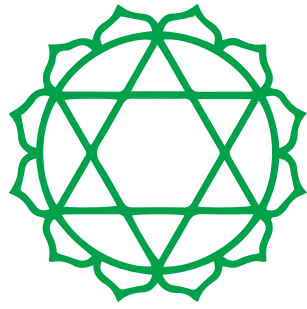
Strong, Empowered,
Confident, Motivated,
Determined, Decisive,
Collaborative

Unbalanced:

Competitive, Angry,
Aggressive, Low Self-Esteem,
Lack of Energy, Powerless,
Egoistical, Manipulative

AFFIRMATIONS

- I feel my own power
- My potential is limitless
- I honor myself
- I accomplish tasks easily
- I act with courage



HEART CHAKRA

SELF-ACCEPTANCE

Love, Ampathy, Kindness, Compassion, Gratitude, Faith

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YAM

YOGA POSES



Standing Backbend
Anuvittasana



Half Lord of The Fishes
Ardha Matsyendrasana



Camel Pose
Ustrasana



Lord of The Dance
Natarajasana



Wheel Pose
Urdhva Dhanurasana



Cobra Pose
Bhujangasana



Bow Pose
Dhanurasana

HEALTH STATE

Balanced:

Full of Love, Kind,
Compassionate, Accepting,
Peaceful, Unattached

Unbalanced:

Needy, Helpless, Tired,
Exhausted, Afraid to Let Go,
Lonely, Lack of Purpose,
Overly Attached, Clingy

AFFIRMATIONS

- I love myself and others
- I am an expression of love
- I am worthy of love
- I forgive myself and others
- I follow the voice of my heart



THROAT CHAKRA

SELF-EXPRESSION

Communication, Expression, Authenticity, Purification



YOGA POSES



Shoulder Stand
Sarvangasana



Lion Pose
Simhasana



Plow Pose
Halasana



Cat Pose
Majaryasana



Cow Pose
Bitilasana



Fish Pose
Matsyasana



Bridge Pose
Setu Bandha Sarvangasana

HEALTH STATE

Balanced:

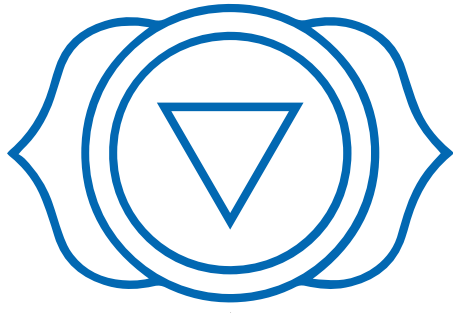
Honest, Sincere, Truthful,
Outspoken, Attentive,
Authentic, Clairaudient

Unbalanced:

Fear of Speaking, Shyness,
Social Anxiety, Lack of Trust,
Secretive, Critical, Gossipy,
Unauthentic

AFFIRMATIONS

- I hear and speak the truth
- I live an authentic life
- My voice matters
- I have integrity
- I am open and honest



THIRD EYE CHAKRA

SELF-REALIZATION

Intuition, Imagination, Lucidity, Astral Projection



YOGA POSES



Thunderbolt Pose
Vajrasana



Forward Bend
Uttanasana



Downward-Facing Dog
Adho Mukha Svanasana



Head-to-Knee Pose
Janu Sirsasana



Lotus Pose
Padmasana



Cow Face Pose
Gomukhasana



Extended Child's Pose
Utthita Balasana

HEALTH STATE

Balanced:

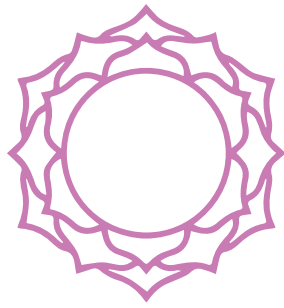
Intuitive, Clairvoyant,
Imaginative, Clear Thoughts,
Clear Vision, Vivid Dreams

Unbalanced:

Fearful, Rational, Delusional,
Full of Anxiety and Tension,
Logical, Psychic Disorders,
Brain Fog

AFFIRMATIONS

- I am insightful and intuitive
- I see clearly
- I think clearly
- I trust my decisions
- I expand my awareness



CROWN CHAKRA

SELF-KNOWLEDGE

Consciousness, Unity, Spirituality, Oneness



YOGA POSES



Headstand
Sirsasana



Tree Pose
Vrikshasana



Forearm Stand
Pincha Mayurasana



Backbend
Anuvittasana



Lotus Pose
Padmasana



Rabbit Pose
Sasangasana



Corpse Pose
Savasana

HEALTH STATE

Balanced:

Trust in Divine, Strong Faith,
Spiritual Connection, Deep
Awareness, Feeling of Oneness

Unbalanced:

Loneliness, Lack of Purpose,
Weak Faith, Depression,
Detached from Divine,
Spiritual Disconnection

AFFIRMATIONS

- I am divine
- I am a spiritual being
- I am one with all that is
- I am infinite and boundless
- I am at peace