



Root Chakra



Location: The base of the spine, in the tailbone area

Color: Red

Meaning: Physical identity, stability, grounding

Muladhara (Root) chakra represents our foundation. When outbalanced, an individual feels ungrounded, unstable, insecure, fearful, and frustrated with a lack of ambition & purpose. **When the root chakra is balanced, these negative emotions are replaced by positive emotions, making you feel stable, confident, balanced, energetic, independent, and strong.**

Sacral Chakra



Location: Just below the bellybutton, just above the pubic bone

Color: Orange

Meaning: Sexuality, pleasure, creativity

The Swadishthana (Sacral) Chakra helps us understand the way we relate to our & others' emotions. The sacral chakra also controls sexual energy and creativity. An individual with a blocked Sacral chakra feels angry, discontented, and emotionally explosive. There's a sense of lack of energy and creativity, feels manipulative, or obsessed with sexual thoughts. **When this chakra is balanced, it makes you more positive, happy, vibrant, compassionate, intuitive, and satisfied.**

Yoga Poses for these two Chakras, the purposes being awareness and felt-sense; opening and relaxing the pelvic cavity; strengthening and balancing our core; grounding.

- Pranayama with focus on the lower chakras
- Easy Pose
- Mountain
- Forward Bend
- Tree and other balancing poses
- Triangle
- Warrior I and II
- Standing Swat
- Downward Dog
- Upward Dog
- Plank
- Low Lunge
- Bridge
- Reclining Bound Angle
- Corpse