

SOUTH OKANAGAN YOGA ACADEMY

Chakra + Sanskrit	Issues	Location	Body part	Endocrine	Sound	Colour	Element
Root 1 st Muladhara	Survival, Grounding Safety Elimination	Base Of Spine	Legs feet, sacral area, kidneys	Adrenal	Lam	Red	Earth
Sacral 2 nd Svadhistana	Emotional Balance, Creativity Sexuality Reproduction	Below the naval	Lower abdomen, lower back, uterus, intestines	Ovaries, Prostate	Vam	Orange	Water
Solar Plexus 3 rd Manipura	Power, Self- esteem, self discipline. Digestion	Solar Plexus	Digestive System, lumbar spine	Pancreas	Ram	Yellow	Fire
Heart 4 th Anahata	Relationships Self-love Compassion Service Respiration	Middle of the chest	Heart Chest Circulation Arms, lungs	Thymus	Yam	Green	Air
Throat 5 th Vishuddhi	Communication Discernment Spiritual Drive Expression	Throat	Mouth, throat, ears, jaw voice, airways	Thyroid Parathyroid	Ham	Sky Blue	Ether
Third Eye 6 th Ajna	Wisdom, Perception, Vision Intellect Senses	Center of forehead	Eyes, base of skull, Ears, Nose Sinuses	Pituitary	AUM <i>Kohans & Om on petals</i>	Indigo	Light or Mind
Crown 7 th Sahasrara	Spirituality, Awareness Neurological Functioning	Crown of the head.	Upper Skull, cerebral cortex, CNS	Pineal	Om <i>Silent</i>	Violet Or White	



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