



### Crown Chakra

The crown chakra is our connection with the supreme Self, and by opening this chakra we can have a universal balance of the body, mind, and spirit.

### Root Chakra

The root chakra is represented by the earth element reflecting stability, strength, patience, and thoughtfulness.



### Sacral Chakra

This chakra is represented by our creative nature. This space can also be represented by the water element which has flow, consistency, and with it, an internal rhythm.



### Third Eye Chakra

The third eye chakra is represented by light and is connected to clarity and spiritual insight. Our third eye chakra can connect us deeper with our intuition.

### Solar Plexus Chakra

The solar plexus is represented by the fire element, symbolizing warmth, energy, and light which is related to our intellect, willpower, and ego



### Throat Chakra

This chakra is represented by space. The throat chakra rules our communication, expression, and understanding within ourselves and others. By opening this chakra, we can enhance our clarity, honesty, & compassion.



### Heart Chakra

This chakra bridges the upper and lower energies, and helps us balance our emotions and deepen our self-awareness. This can be represented by the air element, as our life force flows through our bodies.

For educational purposes only.

Content developed by Megan Pullin, M.S. 500 RYT.  
Infographic developed by Marina Guillen.



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.