



# **Root Chakra**







**Crown Chakra** 

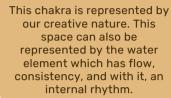
chakra we can have a

universal balance of the

body, mind, and spirit.

represented by the earth element reflecting stability, strength, patience, and The crown chakra is our connection with the supreme Self, and by opening this

#### **Sacral Chakra**





## **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.



thoughtfulness.

# **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.



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.



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