

The 7 Chakras

Chakra	Location	Association
1 	Base of Spine	Survival
2 	Lower Abdomen	Emotions & Sexuality
3	Solar Plexus	Personal Power
4 	Over the Sternum	Love & Unity
5 	The Throat	Communication & Creativity
6 	Center of Forehead	Intuition & Imagination
7 	Top of the Head	Knowledge & Understanding

Kundalini Yoga Chakras

- The word chakra is a Sanskrit word meaning wheel or disk.
- There are 7 major chakra energy centers along the spinal column.
- To work with chakras is to heal us of old constricting patterns.
- The purpose of yoga is to clean the chakras of old, non-beneficial patterns so that they have a positive influence.
- Chakras are associated with 7 levels of consciousness. As you experience opening your chakras, you also experience a deeper understanding of the state of consciousness associated with that level.