

Crown
Sahasrara



Awareness, Divinity, Spirituality

- **Location:** Top of Head
- **Color:** Violet
- **Element:** Thought
- **Seed Sound:** AH
- **Gland:** Pituitary



Headstand Pose
Sirsasana



Standing Backbend Pose
Anuvittasana

Affirmations:
I am infinite
I am divine
I am at peace



Lotus Pose
Padmasana



Tree Pose
Vrksasana



Corpse Pose
Savasana