

Heart Anahata



Love, Compassion, Kindness

- **Location:** Chest (Center)
- **Color:** Green
- **Element:** Air
- **Seed Sound:** YAM
- **Gland:** Thymus



Camel Pose
Ustrasana



Bridge Pose
Setu Bandha Sarvangasana

Affirmations:

*I love myself
I radiate love
I am worthy of love*



Cobra Pose
Bhujangasana



Upward-Facing Dog Pose
Urdhva Mukha Svanasana



Cow Pose
Bitilasana

Cat Pose
Marjaryasana