

Sacral
Svadhithana



Creativity, Sexuality, Pleasure

- **Location:** Below Navel
- **Color:** Orange
- **Element:** Water
- **Seed Sound:** VAM
- **Gland:** Gonads



Triangle Pose
Trikonasana



Reclined Bound Angle Pose
Supta Baddha Konasana

Affirmations:
I am creative
I honor my desires
I embrace my sexuality



Reclined Thunderbolt Pose
Supta Vajrasana



Goddess Pose
Utkata Konasana



Seated Forward Bend Pose
Paschimottasana