

# Third Eye

Ajna



## Intuition, Imagination, Perception

- **Location:** Between Eyebrows
- **Color:** Indigo
- **Element:** Light
- **Seed Sound:** OM
- **Gland:** Pineal



Cow Face Pose  
Gomukhasana

*Affirmations:*  
*I am intuitive*  
*I have a brilliant mind*  
*I see the deeper truth*



Legs Up The Wall  
Viparita Karani



Extended Child's Pose  
Utthita Balasana



Downward-Facing Dog Pose  
Adho Mukha Svanasana



Lotus Pose  
Padmasana