

# Throat Vishuddha



## Expression, Communication, Truth

- **Location:** Throat Area
- **Color:** Light Blue
- **Element:** Ether / Space
- **Seed Sound:** HAM
- **Gland:** Thyroid

*Affirmations:*  
I speak my inner truth  
I have integrity  
My voice matters



Plow Pose  
Halasana



Supported Shoulderstand Pose  
Salamba Sarvangasana



Camel Pose  
Ustrasana



Fish Pose  
Matsyasana



Cat Pose  
Marjaryasana

Cow Pose  
Bitilasana