



HEART CHAKRA

Anahata

Love, Compassion, Kindness

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

Balanced:

Loving, Kind,
Compassionate

Unbalanced:

Jealous, Lonely,
Bitter, Needy

Essential Oils:

Rose, Orange, Lavender, Yarrow, Jasmine, Palmarosa

Crystals & Stones:



Rose Quartz



Green Jade



Rhodochrosite



Aventurine



Amazonite

Yoga Poses:



Upward-Facing Dog
Urdhva Mukha Svanasana



Camel Pose
Ustrasana



Cow Pose
Bitilasana



Cat Pose
Marjaryasana



Cobra Pose
Bhujangasana



Bridge Pose
Setu Bandha Sarvangasana