



ROOT CHAKRA

Muladhara

Security, Safety, Survival

- **Location:** Base of Spine
- **Color:** Red
- **Element:** Earth
- **Seed Sound:** LAM
- **Gland:** Adrenals
- **Affirmation:** *I am*

Balanced:

Grounded, Safe, Secure,
Centered

Unbalanced:

Insecure, Anxious, Depressed,
Fearful

Essential Oils:

Ginger, Cedarwood, Sandalwood, Vetiver, Eucalyptus

Crystals & Stones:



Red Jasper



Carnelian



Smoky Quartz



Black Onyx



Black Tourmaline

Yoga Poses:



Bridge Pose
Setu Bandha Sarvangasana



Chair Pose
Utkatasana



Mountain Pose
Tadasana



Standing Forward Bend
Uttanasana



Warrior II Pose
Virabhadrasana II