



SACRAL CHAKRA

Svadhithana

Creativity, Sexuality, Pleasure

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

Balanced:

Creative, Passionate,
Energetic

Unbalanced:

Feeling Guilty, Overly Sensitive,
Lacking Creativity

Essential Oils:

Cardamom, Sweet Orange, Ylang-Ylang, Tangerine, Neroli

Crystals & Stones:



Carnelian



Citrine



Orange Calcite



Tiger's Eye



Sunstone

Yoga Poses:



Reclined Bound Angle
Supta Baddha Konasana



Seated Forward Bend
Paschimottanasana



Goddess Pose
Utkata Konasana



Reclined Thunderbolt
Supta Vajrasana



Triangle Pose
Trikonasana