



THROAT CHAKRA

Vishuddha

Expression, Communication, Truth

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

Balanced:

Truthful, Outspoken,
Authentic, Assertive



Unbalanced:

Shy, Dishonest, Critical,
Unauthentic

Essential Oils:

Frankincense, Spruce, Sage, Peppermint, Vanilla, Cypress

Crystals & Stones:



Turquoise



Aquamarine



Blue Lace Agate



Chrysocolla



Angelite

Yoga Poses:



Fish Pose
Matsyasana



Supported Shoulderstand
Salamba Sarvangasana



Cat Pose
Marjaryasana



Cow Pose
Bitilasana



Plow Pose
Halasana



Camel Pose
Ustrasana