

# CHAKRAS

*Wheel/nerve endings. They are a ball of energy.*





**THERE ARE 109  
CHAKRAS IN TOTAL**



THERE ARE 7 +1 PRIMARY  
CHAKRAS THAT WE ARE  
GOING TO DISCUSS.



WE ACTIVATE THE  
CHAKRAS WHENEVER WE  
PRACTISE YOGA.





# MULADHARA - RED CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Root Chakra.
- Located in the sacrum, perineum/cervix
- Earth element
- Enthusiasm/inertia





# SVADHISHTHANA - ORANGE CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Sacral Chakra.
- Located 4 inches above muladhara behind genitals
- Water element
- Creativity/obsession/procreativity





# MANIPURA - YELLOW CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Solar Plexus Chakra.
- Located in the navel
- Fire element
- Generosity/contentment/  
greed/jealousy/intolerance





# ANAHATA - GREEN CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Heart Chakra.
- Located in the heart/chest
- Air element
- Love/hatred/fear





# VISHUDDHA - BLUE CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Throat Chakra.
- Located behind the throat pit.
- Space element
- Gratitude/guilt





# AJNA - INDIGO CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Third-Eye Chakra.
- Located behind the eyebrow centre.
- No element
- Knowledge/alterness/anger





# SAHASRANA - VIOLET CHAKRA

Y.O.G.A  
*with*  
Kathryn Holloway



- Crown Chakra.
- Located at the top of the head.
- No element
- Bliss.





# YAPANI - WHITE CHAKRA



Y.O.G.A  
*with*  
Kathryn Holloway

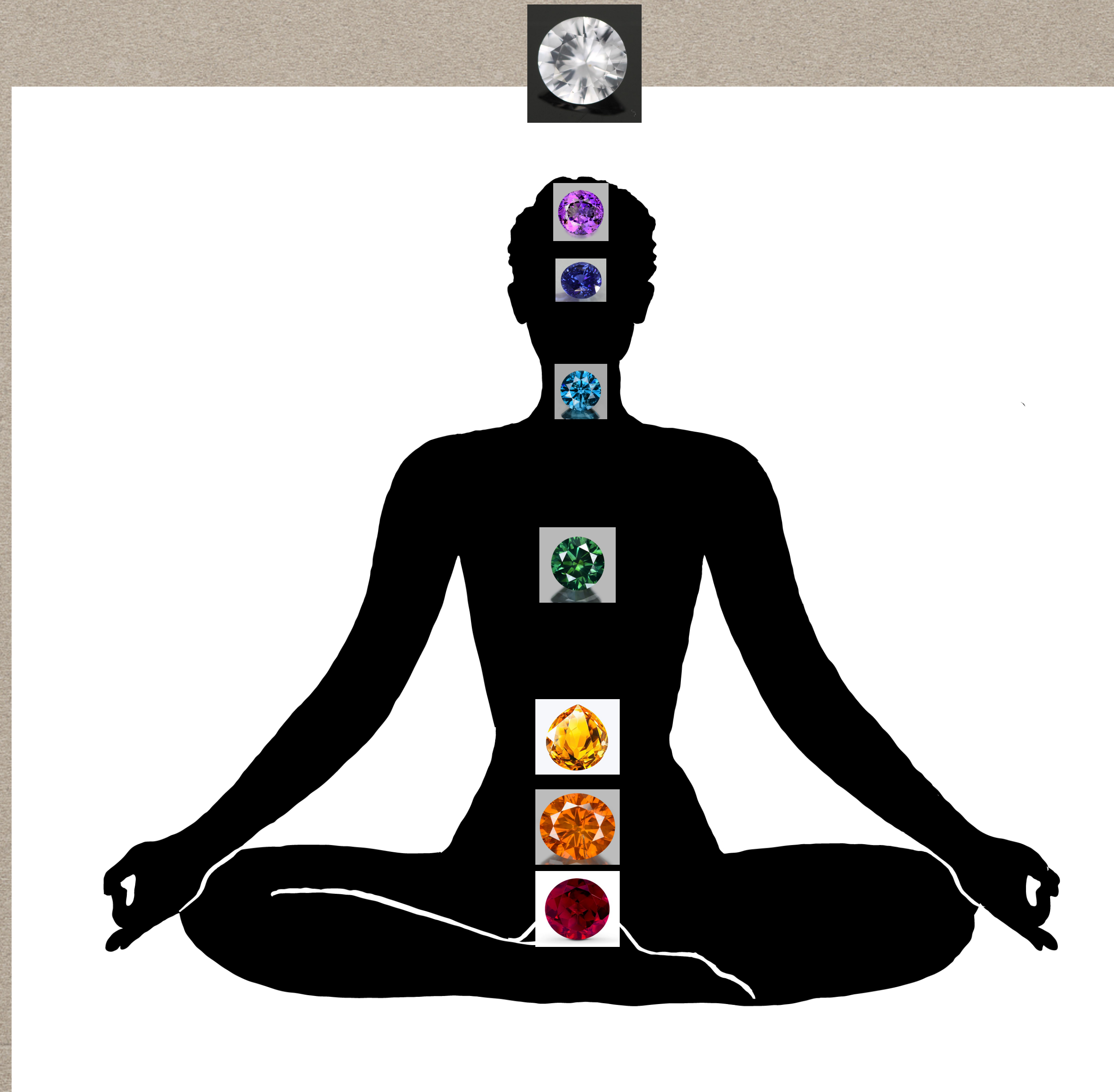
- Soul Star Chakra.
- Located 12 inches above the head
- No element
- **Absolute** bliss





# A SUMMARY

We activate the  
chakras  
whenever we  
practise yoga.



**Y.O.G.A**  
*with*  
*Kathryn Hollows*

This works on  
the gross, subtle  
and causal  
body.