

Balance Your Chakras

The Heart



~Anahata~

Empathy, Compassion, Love

Crystal ~ Rose Quartz, Jade, Aventurine
Scent ~ Rose, Lavender, Clary Sage
Pose ~ Cobra (Bhujangasana)

I Know Forgiveness.

Sand Silk Sky

Balance Your Chakras

The Root



~Muladhara~

Security, Calm, Strength

Crystal ~ Garnet, Jasper, Smokey Quartz
Scent ~ Myrrh, Vetiver, Black Pepper
Pose ~ Warrior I (Uttanasana)

I Am at Peace.

Sand Silk Sky