

Balance Your Chakras

The Solar Plexus



~Manipura~

Confidence, Intention, Direction

Crystal	~	Citrine, Topaz, Pyrite
Scent	~	Bergamot, Lemongrass, Ginger
Pose	~	Bridge (Setu Bandhasana)

I Am Enough.

Sand Silk Sky

Balance Your Chakras

The Sacral



~Svadhishthana~

Creativity, Passion, Sexuality

Crystal	~	Amber, Tiger's Eye, Coral
Scent	~	Tangerine, Bergamot, Grapefruit
Pose	~	Triangle (Trikonasana)

I Radiate Passion and Joy.

Sand Silk Sky