

Major Chakras

If you practice yoga, you've probably heard of chakras. Chakra is Sanskrit meaning "wheel." The major chakras represent seven circular vortexes of energy in the body and are believed to correlate to organs and glands. Each chakra possess its own color and vibration frequency and is responsible for the life energy known as Qi. It is thought that chakras are responsible for taking in, incorporating and spreading energy. The goal in yoga is to balance chakras for improved physical, emotional and mental health.



crown

LOCATION: Top of Head

REPRESENTS: Spiritual Connection, Love, Compassion, Peace, Harmony
Metabolism, Central Nervous System, Upper Spine, Pineal Gland, Cerebral Cortex



third eye

LOCATION: Center of Forehead

REPRESENTS: Intuition, Foresight, Understanding, Imagination
Endocrine, Awareness, Autonomic Nervous System, Hypothalamus, Eyes, Pituitary



throat

LOCATION: Center of Neck

REPRESENTS: Effective Communication, Openness, Expression
Parathyroid, Throat, Ears, Sinus, Respiratory System, Thyroid



heart

LOCATION: Center of Chest

REPRESENTS: Love, Connection, Balance, Hope, Compassion, Forgiveness
Lungs, Lymph and Immune System, Allergy, Blood Pressure, Circulation, Thymus



solar plexus

LOCATION: Below Center of Chest

REPRESENTS: Will-power, Purpose, Vitality, Instinct, Details, Anger
Metabolism, Digestive System, Liver, Gall Bladder, Small Intestine, Pancreas



sacral

LOCATION: Below Naval

REPRESENTS: Relationships, Emotions, Sexuality, Intimacy, Desire
Abdomen, Spleen, Urinary Tract, Kidneys, Ovaries, Uterus, Blood Sugar



root

LOCATION: Base of Spine

REPRESENT: Safety, Security, Grounding, Sexuality, Fear, Behaviors
Reproductive System/Organs, Legs, Feet, Tail-bone, Adrenals