

Chakras (energy centres)

Just like in reflexology, where different parts of the foot are associated with different organs and parts of the body, in yoga different parts of the body are associated with different energy centres and states of mind and health. In Sanskrit the word for these energy centres is 'chakra' (which means wheel) and there are 7 centres. Blockages in these centres (chakras) can often lead to illness so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely. Practising specific yoga poses enables the releasing of blockages in these areas.

 1 st Chakra	Located at the base of the spine, this chakra forms our foundation often also called the 'root chakra'. Associated with the colour red. It represents the element earth, and is therefore related to our survival instincts, and to our sense of grounding and connection to our bodies and the physical plane. Ideally this Chakra brings us health, prosperity, security, and dynamic presence.
 2 nd Chakra	Located in the lower abdomen, lower back, and sexual organs, related to emotions and sexuality. Also known as the 'sacral chakra' Associated with the colour orange. It connects us to others through feeling, desire, sensation, and movement. Ideally this Chakra brings us fluidity and grace, depth of feeling, fulfilment, and the ability to accept change
 3 rd Chakra	Located in the upper abdomen (lower end of sternum). Also known as the 'solar plexus chakra'. Associated with the colour yellow. It rules our personal power, will, and autonomy, as well as our metabolism. When healthy, this Chakra brings us energy, effectiveness, spontaneity, and non-dominating power.
 4 th Chakra	Located level with the heart and is often called the 'heart chakra'. Associated with the colour green. It is related to love and compassion. A healthy fourth Chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness. It gives us our social identity, oriented to self-acceptance.
 5 th Chakra	Located in the throat area and is thus related to sound, communication, self-expression, creativity and challenge. Often referred to as the 'throat chakra'. Associated with the colour blue. It gives us the ability to voice our dreams and express our truth without worrying about what others may think. In contrast, with a congested fifth chakra, we feel anxious about how other people will react to our views and are likely to censor ourselves.
 6 th Chakra	Located in the forehead. Sometimes referred to as the 'third eye chakra'. Associated with the colour indigo. It is related to the act of seeing, both physically and intuitively; a 6 th sense. Oriented to self-reflection. When healthy it allows us to see clearly, in effect, letting us see the bigger picture.
 7 th Chakra	Located at the very top of the head. Also referred to as the 'crown chakra'. Associated with the colour violet. Relates to thought, universal identity, self-knowledge, consciousness and pure awareness. When developed, this Chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.

Chakras (energy centres)

Chakra	Gland/Parts of the body	Ailments/dysfunction	Remedial Exercise
 1 st Chakra	<u>Adrenals</u> , Spine (Chi, Life Force) Legs, Feet, Bones, Teeth, Large Intestines, Prostate, Bladder, Blood, Circulation, Tailbone	Anaemia, Fatigue, Obesity, Anus, Rectum (haemorrhoids), Constipation, Colds, Body Temperature, Bladder Infection, Rebuilds Blood Cells & Haemoglobin, Sciatic, Numbness, Leukaemia	Sitting on imaginary chair (Utkatasana)
 2 nd Chakra	<u>Gonads</u> , Ovaries, Testes, Womb, Kidneys, Urinary Tract, Skin, Spleen, Gallbladder, Recharges Etheric Body/Aura	Impotence, Frigidity, Ovaries, Uterine Problems, Candida, Eating Disorders, Drug Use, Depression, Alcoholism, Polarity Imbalances, Gout, Allergies, Asthma (Oxygen Deficiencies)	Pelvic tilts/ (Setu bandha)
 3 rd Chakra	<u>Pancreas</u> , Digestion, Liver, Stomach, Diaphragm, Nervous System, Pancreas Metabolism, Small Intestines	Ulcers, Diabetes, Hepatitis, Hypoglycaemia, Blood Sugar Disorders, Constipation, Nervousness, Timidity, Addictions to Stimulants, Parasites & Worms, Toxicity, Jaundice, Poor Memory	Building core strength (jathara parivartanasana 3)
 4 th Chakra	<u>Thymus</u> , Lungs, Heart, Bronchia, Thymus Gland, Arms, Hands, Respiratory, Hypertension, Muscles	High Blood Pressure, Passiveness, Lethargy, Asthma, Immune System, Breathing Difficulties, Pneumonia, Emphysema, Cell Growth, Muscle Tension, Heart Problems, Chest Pain	Breathing techniques (Pranayama)
 5 th Chakra	<u>Thyroid</u> , Throat, Vocal System, Mouth, Jaw, Parathyroid, Tongue, Neck, Shoulders, Lymph (Perspiration), Atlas, Menstrual Cycle	Thyroid, Flu, Fevers, Blisters, Infections, Herpes, Itching, Sores, Tonsillitis, Toothaches, OCD, Speech Disorders, TMJ, Hyperactivity, Melancholy, Hormonal Problems, Swelling, Hiccups, PMS, Mood Swings	Plough pose (Halasana) Fish pose (Matsyasana) Chanting
 6 th Chakra	<u>Pituitary</u> , Eyes, Nose, Ears, Sinuses, Cerebellum, Pineal, Forebrain, Autonomic Nervous System, Heals Etheric Body/Aura	Blindness, Vision, Headaches, Migraines, Earaches, Nightmares, Sleep Disorders, Fear, Manic Depression, Anxiety, Schizophrenia, Paranoia, Equilibrium Imbalances	Down dog (adho-mukha-svanasana) Hero pose (virasana)
 7 th Chakra	<u>Pineal</u> , Upper brain, Cerebral Cortex, Cerebrum, Pituitary, Central Nervous System, Hair Growth, Top of Head	Depression, Alienation, Mental Illness, Neuralgia, Confusion, Senility, Veins, Blood Vessels, Lymphatic System, Bacteria, Warts, Skin Rashes, Eczema	Meditation Corpse pose (savasana) Headstand (sirhasana)