

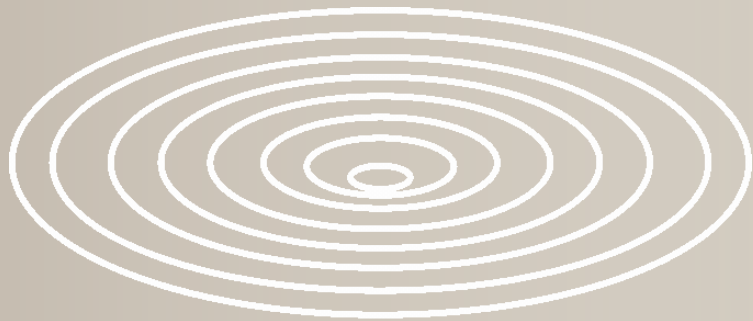
# Meditation and breathing



# Nadi Shodhana



# Conscious breath





**only 3 steps:**



## **ANULOM VILOM PRANAYAMA (ALTERNATE NOSTRIL BREATHING)**



**STEP-1**

**Inhale Left**



**STEP-2**

**Hold**



**STEP-3**

**Exhale Right**

# 7 CHAKRAS CHART



7.

**SAHASRARA**  
सहस्रार



**Crown Chakra**

- Location: Top of the head
- Functions: Knowledge, Fulfillment, Spirituality and Self-Realization
- Color: Violet / White

6.

**AJNA**  
आज्ञा



**Third Eye Chakra**

- Location: Between eyebrows
- Functions: Intuition, Visualization, Imagination, Clairvoyance
- Color: Indigo

5.

**VISHUDDHA**  
वसुध्वा



**Throat Chakra**

- Location: Back of the neck, throat
- Functions: Communication, Expression, Honesty, Purification
- Color: Light Blue / Turquoise

4.

**ANAHATA**  
अनाहत



**Heart Chakra**

- Location: Middle of the chest
- Functions: Love, Acceptance, Compassion, Kindness, Peace
- Color: Green

3.

**MANIPURA**  
मणिपुर



**Solar Plexus Chakra**

- Location: Above the navel
- Functions: Strength, Ego, Power, Self-Esteem, Digestion
- Color: Yellow

2.

**SVADHISTHANA**  
स्वाध्पिठान



**Sacral Chakra**

- Location: Sacrum
- Functions: Sensuality, Sexuality, Pleasure, Creativity, Emotions
- Color: Orange

1.

**MULADHARA**  
मूलाधार



**Root Chakra**

- Location: Perineum
- Functions: Survival, Grounding, Stability, Comfort, Safety
- Color: Red

# Muladhara

Grounding and stability



## Root Chakra

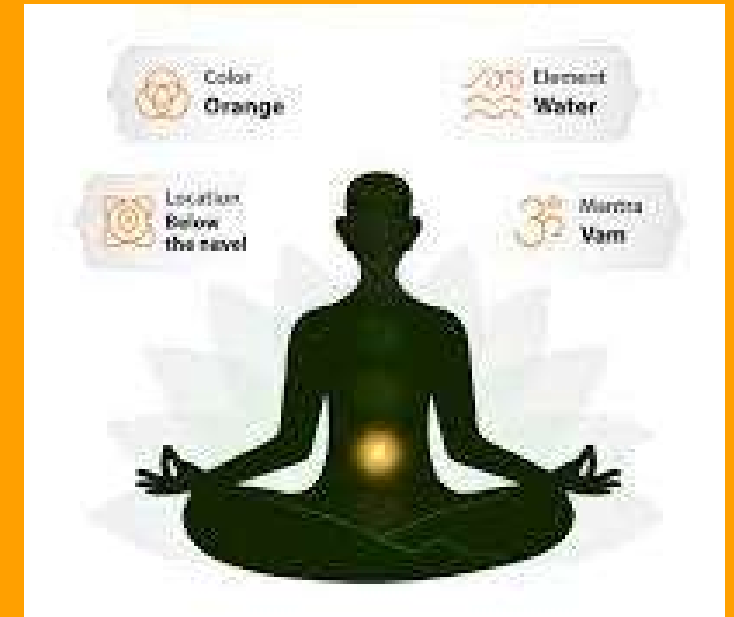


# SVADHISTHANA

Creativity



## Sacral Chakra



# Manipura

Confidence



## Solar Plexus Chakra





# ANAHATA

Emotional tensions



## Hearth Chakra



# VISHUDDHA

Communication

## Throat Chakra



# AJNA

Achieve your goals



## Third Eye Chakra

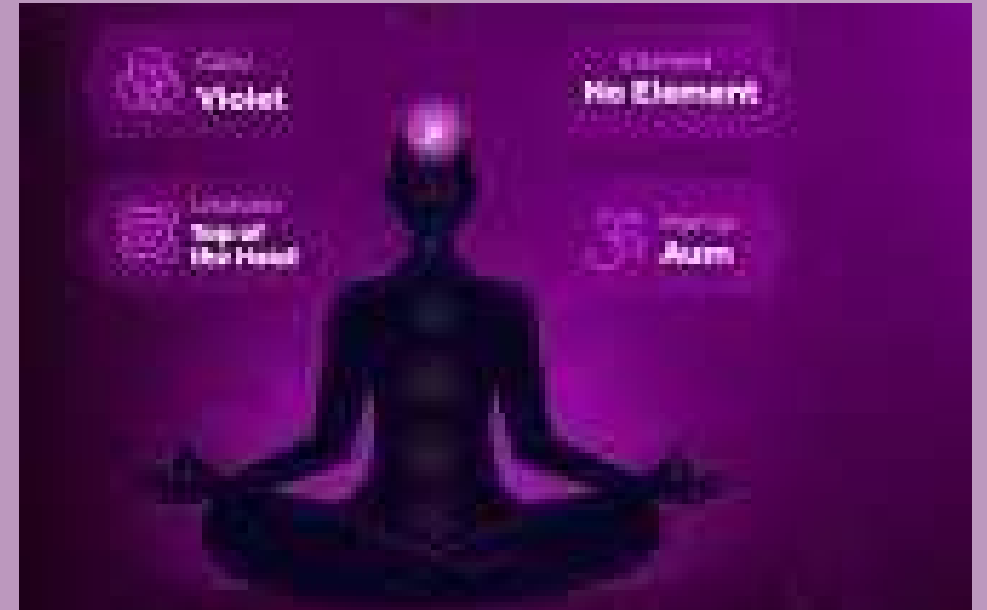


# SAHASRARA

Peace

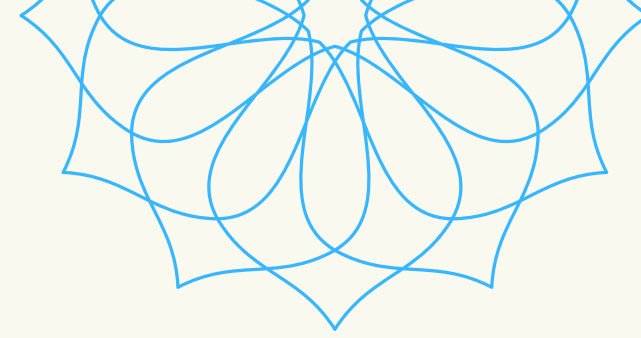


## Coronal Chakra



**...breathe  
deeply and face  
the days with  
serenity...**





**Thank you all**

