



root chakra asanas





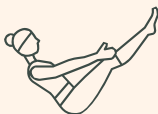
sacral chakra asanas



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solar chakra asanas





heart chakra asanas



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throat chakra asanas





ajna chakra asanas



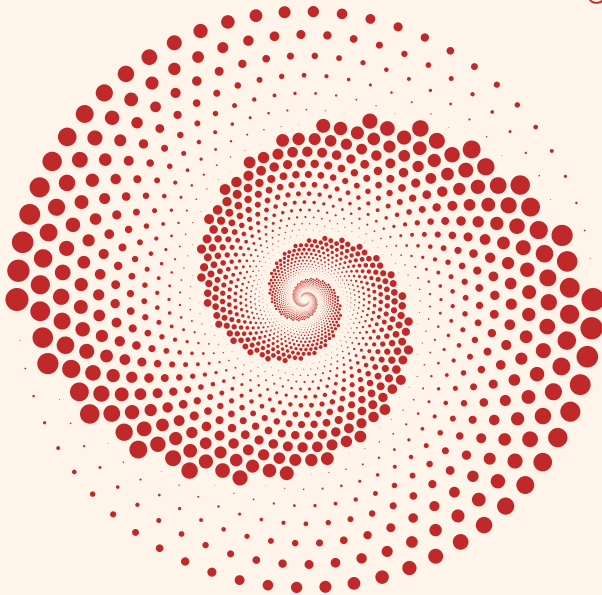


crown chakra asanas



root chakra

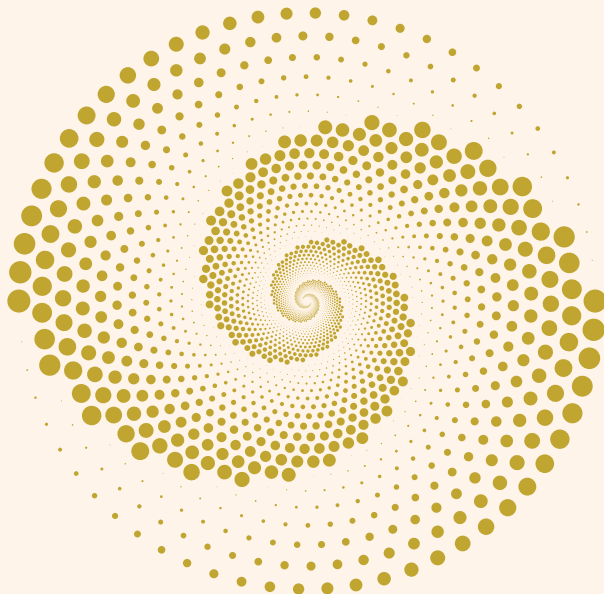
I am safe right now.



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solar plexus chakra

I am steady, I am kind, I am enough.



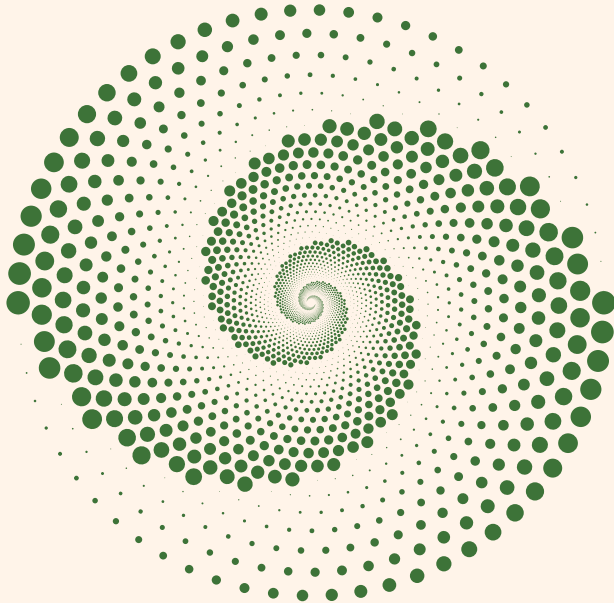
sacral chakra

New thoughts create new pathways.



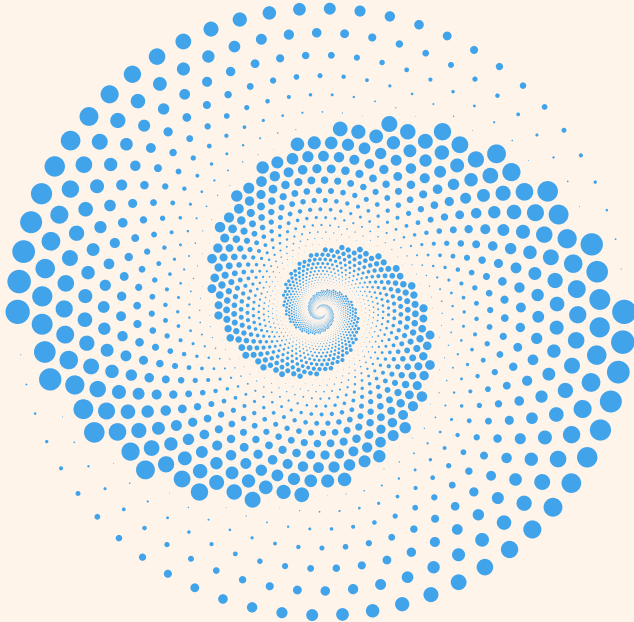
heart chakra

I am open to love, growth, and healing.



throat chakra

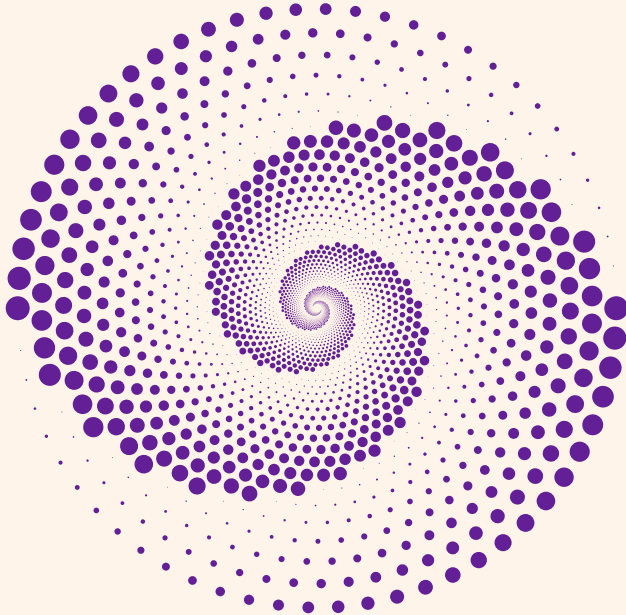
I speak my truth with calm..



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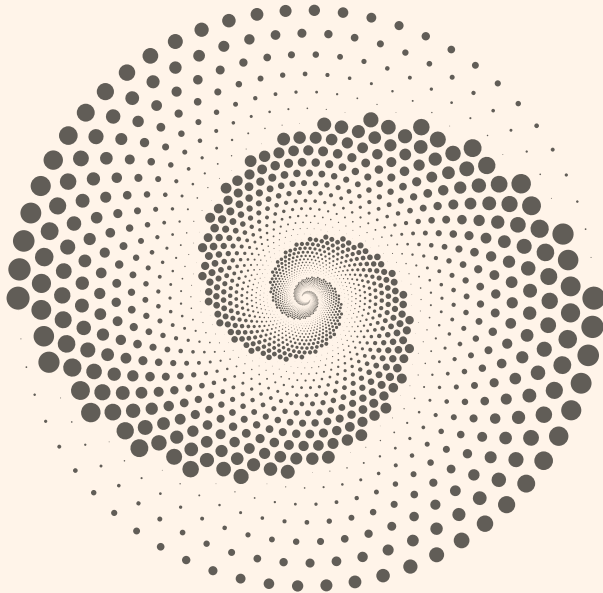
third eye chakra

I see with purpose and connection.



crown chakra

I trust the unfolding of today.



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root chakra meditation

Feel the ground beneath you. Notice the weight of your body. In this moment, you belong here — safe, supported, alive. Nothing to prove. Nothing to fear.

MULADHARA



sacral chakra meditation

Breathe into your lower belly. Allow sensation, emotion, life itself to flow. You don't need to hold or resist. Let yourself feel. This is where creativity begins.

SVADHISTHANA





solar chakra meditation

Place a hand at your center. Notice the quiet fire within you. Not force, but power. The power to choose, to act, to be. Trust this inner flame.

MANIPURA



heart chakra meditation

*Rest your awareness in
your chest. Let the breath
soften you. Where pain
once closed the heart, let
compassion create space.
Love is not outside — it
rises here.*

ANAHATA



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throat chakra meditation

*Sense your throat, the
bridge of truth. Feel the
air moving through it. In
your voice lives freedom
— the right to speak, to be
heard, to be real.*

VISHUDDHA



third eye chakra meditation

*Bring your focus between
the eyebrows. Notice the
stillness behind thought.
Here is the seeing that
does not need eyes. The
clarity that was always
yours.*

AJNA





crown chakra meditation

*Become aware of the space
above your head. Infinite,
open, silent. You are not
separate from this
vastness. You are part of
the whole, and the whole
is within you.*

SAHASRARA



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