



Chakras Chart

	Western Name	Sanskrit Name	Location	Element	Element's Bija Mantra*
1st	Root chakra	Mūlādhāra	Base of spine; coccyx (home of the Mula Bandha [†])	Earth	Lam
2nd	Sacral chakra	Svādhiṣṭhāna	Below the navel	Water	Vam
3rd	Solar plexus chakra	Maṇipūra	Above the navel (home of the Uddiyana Bandha [†])	Fire	Ram
4th	Heart chakra	Anāhata	Center of rib cage	Wind	Yam
5th	Throat chakra	Viśuddha	Center of neck (home of the Jalandhara Bandha [†])	Space	Ham
6th	Third eye chakra	Ājñā	Between the eyebrows	Light	Aum (Om)
7th	Crown chakra	Sahasrāra	Just above the crown of the head		[silence]

* Bija mantras, or seed sounds, are "one-syllable seed sounds that, when said aloud, activate the energy of the chakras in order to purify & balance the mind & body." -- Daily Om.

[†] Bandhas are locks that help you be aware of and control the flow of energy up and down your spine. Mula Bandha, or "root lock," uses the same action as stopping the flow of urine. Uddiyana Bandha, or "flying up lock," is a bit more complicated, and involves constriction of the diaphragm. Jalandhara Bandha occurs when you bring your chin toward the notch in your collarbone.



ROOT TO RISE
YOGA TEACHING METHOD