

# CHAKRAS 101 BY SILVIA MORDINI

FOUNDER ALCHEMY OF YOGA, HEALER

## **Root Chakra** MULADHARA

Red, Earth Element

**Basic Issues:** Grounding, Finances, Family, Physical Health, Trust, Safety, Security, Stability, Boundaries

## **Sacral Chakra** SVADHISTHANA

Orange, Water Element

**Basic Issues:** Creation, Relationship, Play, Pleasure, Sexuality, Emotions, Adaptability, Birthing Best Life

## **Solar Plexus Chakra** MANIPURA

Yellow, Fire Element

**Basic Issues:** Power, Will, Digestion, Self-esteem, Self-image, Vitality, Purpose, Self-confidence

## **Heart Chakra** ANAHATA

Green, Air Element

**Basic Issues:** Love, Devotion, Balance, Connection, Openness, Compassion, Self-acceptance

## **Throat Chakra** VISHUDDHA

TURQUOISE, Sound

**Basic Issues:** Communication, Truth, Confession, Forgiveness, Vocalize Authentic Self

## **Third Eye Chakra** AJNA

Indigo Blue, Light

**Basic Issues:** Intuition, Imagination, Discernment, Wisdom, Insight, Dreams, Vision, Clairvoyance

## **Crown Chakra** SAHASRARA

Violet, Thought

**Basic Issues:** Awareness, Bliss, Knowledge, Beliefs, Spirituality, Consciousness, Understanding, Transcendence



**What you can learn from me** is "Authenticity and joyful self-confidence in living YOUR dharma." With more than 12,000 hours as a Yoga Teacher, I have been inspiring happiness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thousands all over the world as seen in Mind bodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wanderlust and more. **Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.**

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