## 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

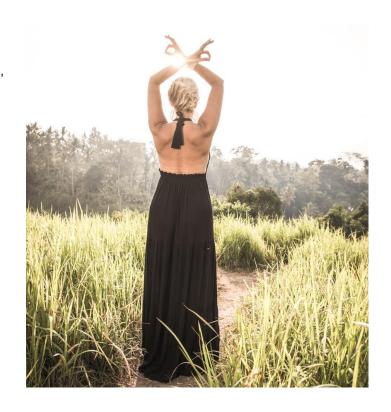
Solar Plexus Chakra MANIPURA Yellow, Fire Element Basic Issues: Power, Will, Digestion, Self-esteem, Selfimage, Vitality, Purpose, Selfconfidence

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 happ iness, global awareness, and joyful living in students for over fifteen years. You'll find my published writings read by thou sands all over the world as seen in Mind bodygreen, Mantra Magazine, Huff Post, Do You Yoga, Psychology Today, Gaia, Wand erlust and more. Most importantly I know it's possible to transform your trauma to dharma and transmute your drama to dreams.

Yoga: www.alchemyofyoga.com + @alchemyofyoga
Personal: www.silviamordini.com + @inspiredyogagal
Travel www.alchemytours.com + @alchemytours
Love: www.mindfullyin.love + @mindfullyin.love

alchemyofyoga.com