

CHAKRA BALANCING



Sacral Balance Self Test

1. Do you often feel disconnected from yourself and others?
2. Do you often feel that you're not creative?
3. Do you feel tired and uninspired?
4. Do you feel more sad than happy?
5. Are you uncomfortable with being vulnerable?
6. Do you often react rather than respond?
7. Is it challenging for you to breathe through strong emotions?
8. Do you feel unbalanced emotionally?
9. Are you uncomfortable with your anger?
10. Do you often lose control of yourself when expressing your anger?

Please answer the questions above. Give 1 point to each "yes" answer. Then add all the 1s together. The higher the score, the higher the possibility of an unbalanced svadhisthana / sacral chakra.

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