

THE 7 CHAKRAS

Align • Move • Heal • Grow

Balance your energy. Strengthen your body. Uplift your spirit.

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| 1. |  <p>ROOT CHAKRA
<i>Muladhara</i>
I am grounded and safe.</p> | <p>COLOR
Red ●
Red</p> <p>FOCUS
Grounding, stability, security</p> |  <p><i>Movement</i>
Pelvic Curl</p> |
| 2. |  <p>SACRAL CHAKRA
<i>Svadhithana</i>
I embrace creativity and joy.</p> | <p>COLOR
Orange ●
Orange</p> <p>FOCUS
Creativity, pleasure, emotions</p> |  <p><i>Movement</i>
Mermaid Stretch</p> |
| 3. |  <p>SOLAR PLEXUS CHAKRA
<i>Manipura</i>
I am strong and confident.</p> | <p>COLOR
Yellow ●
Yellow</p> <p>FOCUS
Personal power, confidence, self-esteem</p> |  <p><i>Movement</i>
Plank</p> |
| 4. |  <p>HEART CHAKRA
<i>Anahata</i>
I give and receive love freely.</p> | <p>COLOR
Green ●
Green</p> <p>FOCUS
Love, compassion, forgiveness, connection</p> |  <p><i>Movement</i>
Swan Prep</p> |
| 5. |  <p>THROAT CHAKRA
<i>Vishuddha</i>
My voice matters.</p> | <p>COLOR
Blue ●
Blue</p> <p>FOCUS
Communication, truth, self-expression</p> |  <p><i>Movement</i>
Spine Stretch Forward</p> |
| 6. |  <p>THIRD EYE CHAKRA
<i>Ajna</i>
I trust my intuition.</p> | <p>COLOR
Indigo ●
Indigo</p> <p>FOCUS
Intuition, wisdom, insight, clarity</p> |  <p><i>Movement</i>
Roll Up</p> |
| 7. |  <p>CROWN CHAKRA
<i>Sahasrara</i>
I am connected to my highest self.</p> | <p>COLOR
Violet ●
Violet</p> <p>FOCUS
Spirituality, purpose, divine connection</p> |  <p><i>Movement</i>
Meditation</p> |


PILATESFLOW
MOVE • HEAL • GROW



Small daily movements create powerful transformations. ♥