

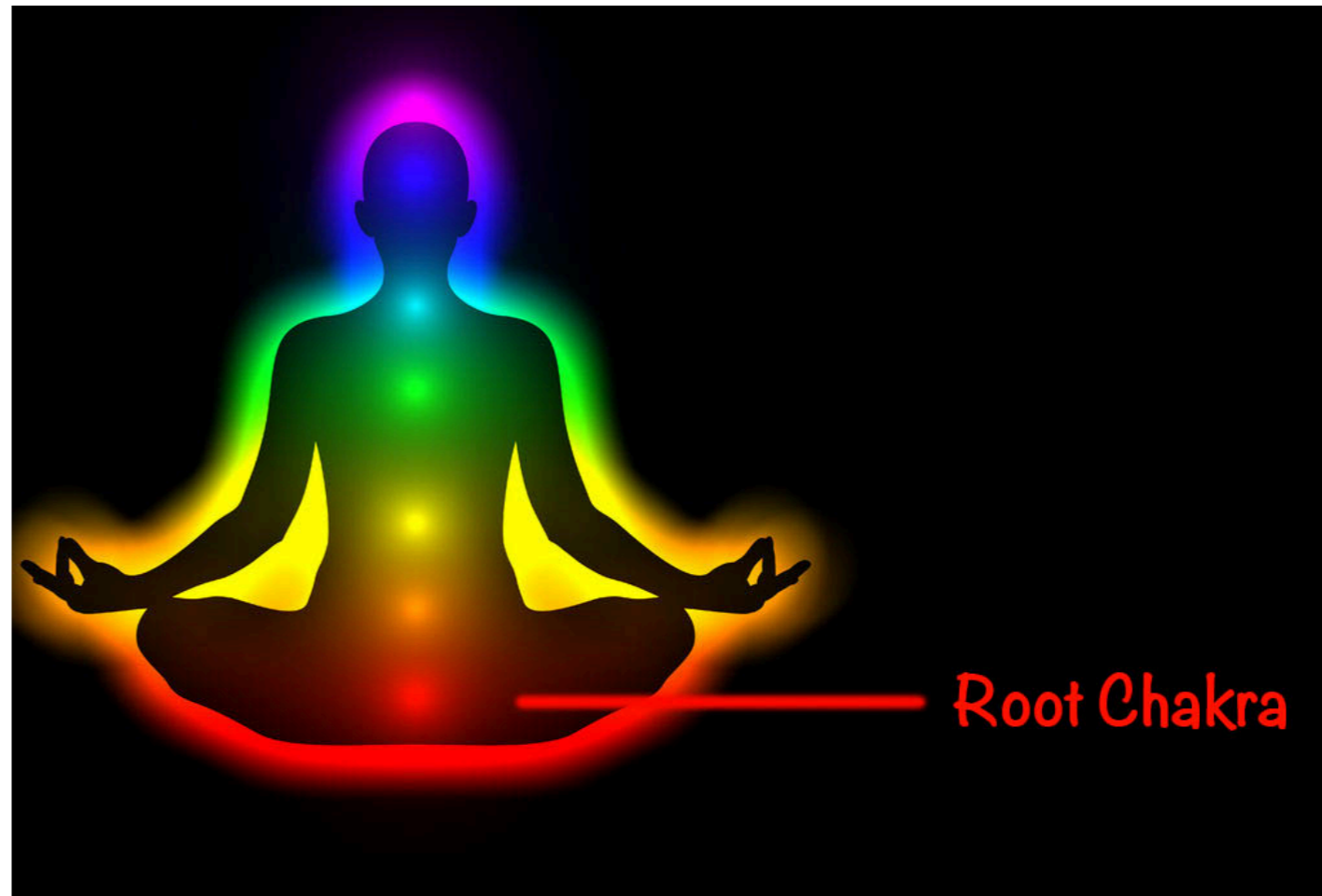
Chakra System

- Yogic Philosophy
- Energy vortexes that receive, assimilate, and express life force energy
- Vibrate at different energetic frequencies
 - Root - Earth
 - Sacral - Water
 - Solar - Fire
 - Heart - Air
 - Throat - Ether
 - Brow - Light
 - Crown - Thought



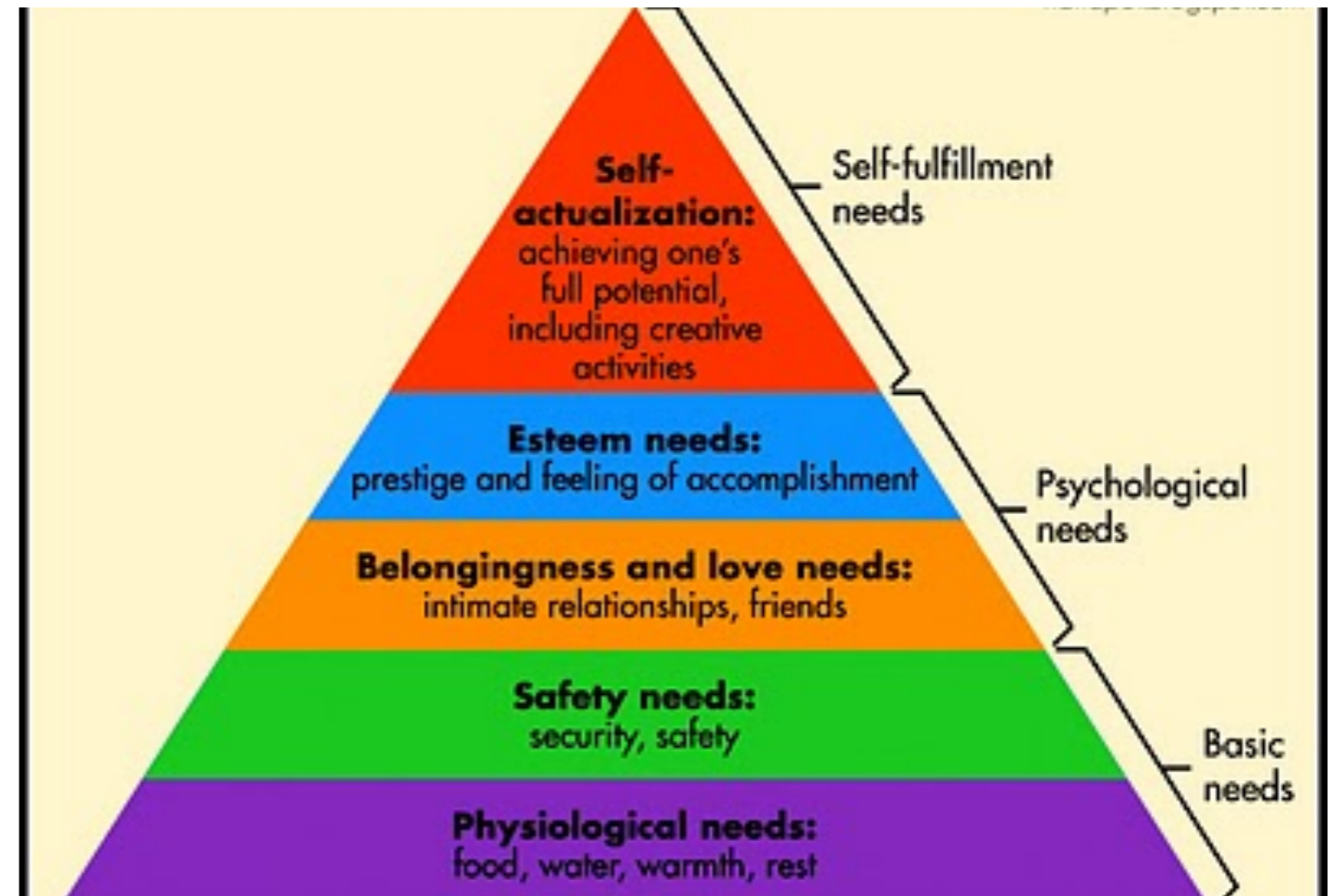
Root Chakra

- Base of Spine
- Governs Physical Realm
- Earth Element
- Grounding / Embodiment
- Dense / Form
- Survival / Self-Preservation



Need Fulfillment

- *Breath*
- *Water*
- *Food*
- *Shelter*
- *Sleep*
- *Touch*



- **What are your needs?**
- **Why do you want to get these needs met?**
- **Which needs are being met in vital ways (and how)?**
- **What needs are not getting met (and why)?**
- **What are some things you can do in your daily life to get your needs better met?**