

The Seven Chakras

with complementing teas & yoga poses

presented by *Simpson & Vail*



7th - Crown

Location: Top of the head

Link to the Universe - Pure bliss

Yoga poses to balance this chakra:

Eagle, Tree, Warrior III, Mountain

Tea: A well-balanced herbal with sweet, spicy & floral notes

6th - Third Eye

Location - Forehead, between the eyes

Intuition, wisdom

Yoga poses to balance this chakra:

Plow, Child's, Easy, Headstand

Tea: Light & floral, with notes of lavender and rosemary



5th - Throat

Location - Throat

Communication, Self-expression

Yoga poses to balance this chakra:

Fish, Camel, Bridge, Plow

Tea: Fruity with a hot, spicy bite

4th - Heart

Location - Center of chest, above heart

Love, joy, inner peace

Yoga poses to balance this chakra:

Camel, Cobra, Fish, Upward Facing Dog

Tea: Floral & fruity to inspire love



3rd - Solar Plexus

Location - Upper abdomen, stomach

Self-confidence, Self-esteem

Yoga poses to balance this chakra:

Sun Salutation, Warrior, Bow, Boat

Tea: Complex earthy herbal tea



1st - Root

Location - Base of spine, tailbone

Food, Money

Yoga poses to balance this chakra:

Warrior, Bridge, Tree, Mountain

Tea: Earthy herbal to help connect you to the ground

2nd - Sacral

Location - Lower abdomen

Sexuality, well-being, pleasure

Yoga poses to balance this chakra:

Pigeon, Cobra, Sphinx, Eagle, Half Locust

Tea: Light herbal with slight spice, citrus & mint

