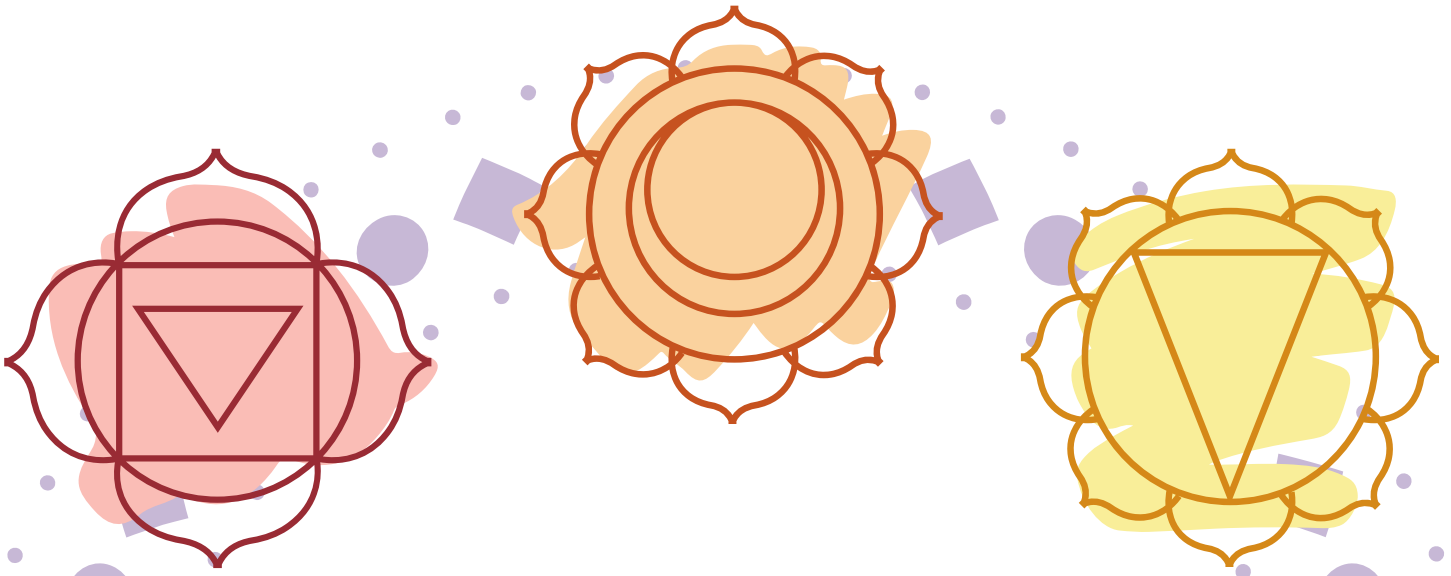


Gretchen Wood △ Lakshmi



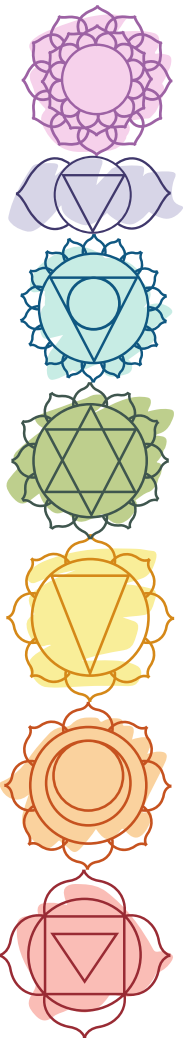
Chakra Yoga + Affirmations

FOR ABUSE TRAUMA
RECOVERY



Tailor to Your Individual Needs

Please utilize the following information any way you see is best for your own healing. You might just work with one chakra at a time or multiple at another time. Go at your pace and work at your level. Use what feels good and leave the rest. **Consider:**



01. Adjusting the wording of affirmations to suit you

02. Modifying poses and listening to your body

03. Survivors of physical or sexual traumas may feel triggered by some poses; skip or build up to these

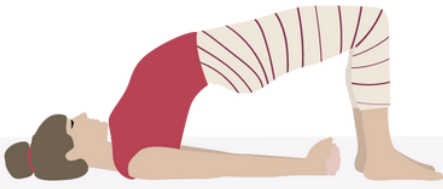
04. If you can, hold the vision of each chakra as you practice

05. Healing is a process, some days may feel better than others, be kind to yourself



**Regular practice of these poses and affirmations yields faster results*

Gretchen Wood △ Lakshmi



*Setu Bandha
sarvangasana*

Bridge



Virabhadrasana 2

Warrior 2

Muladhara (Root) Chakra

**I allow myself to feel safe and loved.
I trust my body.**

Element: earth, **Frequency:** red,
Associated with: grounding, home,
family, community, safety, security,
and manifesting



Utkatasana

Chair



Tadasana

Mountain



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Baddha Konasana

Bound Angle



Utkata Konasana

Goddess

Svadisthana (Sacral) Chakra

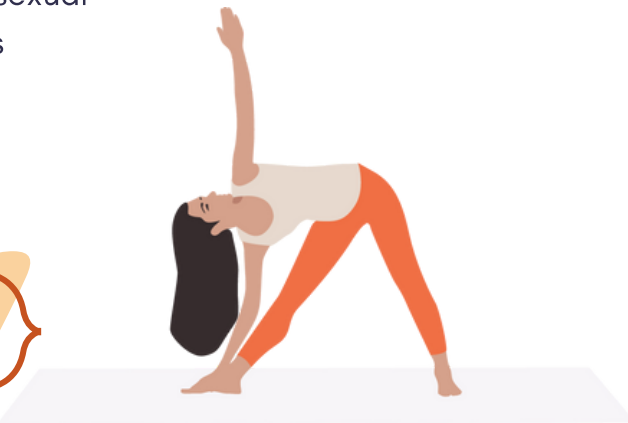
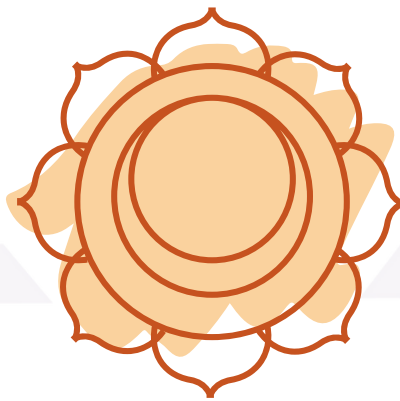
**I embrace every part of who I am.
I trust my own resilience.**

Element: water, **Frequency:** orange,
Associated with: creativity,
connection, reproduction, sexual
energy, and emotions



Virabhadrasana 1

Warrior 1



Utthita Trikonasana

Triangle



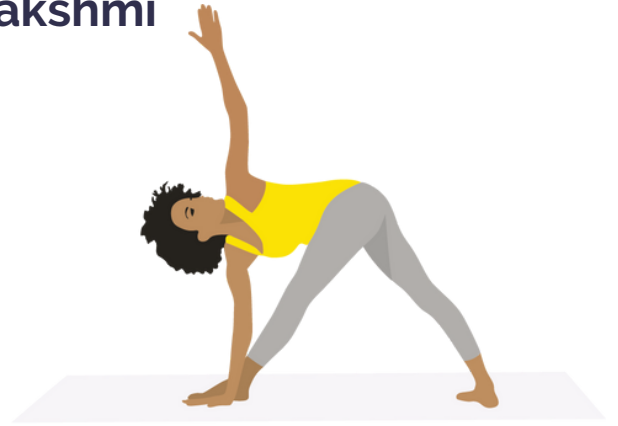
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Adho Mukha Svanasana

Downward-Facing Dog

Manipura (Solar Plexus) Chakra



Parivrtta Trikonasana

Revolved Triangle

**I know my truth, even when others won't
acknowledge it. I trust myself.**

Element: fire, **Frequency:** yellow,
Associated with: expansion,
mastery of self and surroundings,
personal + Universal wisdom



Dhanurasana

Bow



Navasana

Boat

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Chakrasana

Wheel



Natarajasana

Lord of Dance

Anahata (Heart) Chakra

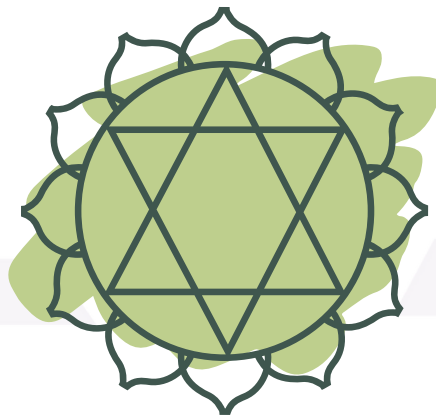
**I recognize my growth and healing.
I trust myself with others.**

Element: air, **Frequency:** green,
Associated with: love, relationships
(family, friends, partners), self-love,
compassion, empathy



Ustrasana

Camel

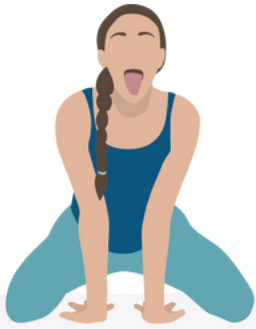


Ardha Matyendrasana

Half Lord of Fish



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Simhasana

Lion



Halasana

Plow

Vishuddha (Throat) Chakra

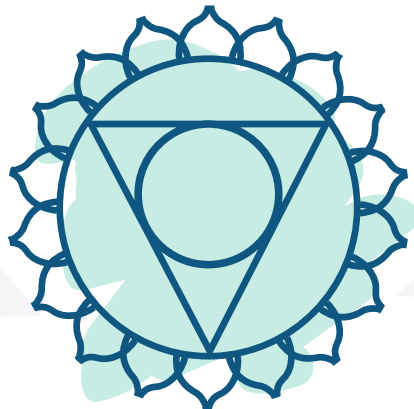
**I speak and listen with integrity.
I trust my own voice.**

Element: ether, **Frequency:** blue,
Associated with: self-expression,
communication, will, fluent thought,
independence



Sarvangasana

Shoulder Stand



Matsyendrasana

Fish



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Padmasana
Lotus



Janu Sirsasana
Head to Knee

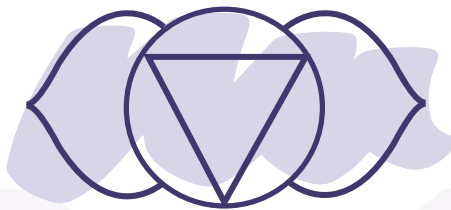
Ajna (Third Eye) Chakra

**I am calm and capable.
I trust my intuition.**

Element: void, **Frequency:** indigo-violet, **Associated with:** balancing higher and lower selves, trusting inner guidance, intuition, clarity, meditation



Balasana
Child



Ardha Pincha Mayurasana
Dolphin



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Sasangasana

Rabbit



Savasana

Corpse

Sahasrara (Crown) Chakra

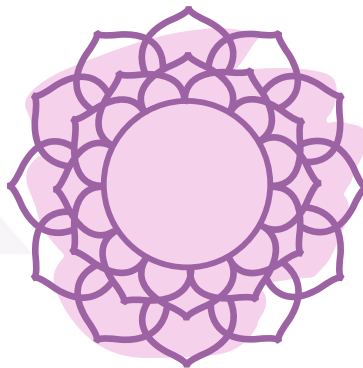
**I am happy, healthy, and holy.
I trust my journey.**

Element: divinity, **Frequency:** violet-white, **Associated with:** transcendental consciousness, release of karma, sun + moon (yin + yang)



Vrksasana

Tree



Salamba Sirsasana

Supported Headstand

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Empowered Healing for
Survivors of Childhood +
Domestic Trauma

Gretchen is formally certified and
trained in trauma-informed healing
movement and energy modalities

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