Discover how to get more energy and a better connection with your chakras.



5 IMMEDIATELY APPLICABLE TIPS TO FIND BALANCE WITH YOUR CHAKRAS DURING THE AUTUMN

Grounding (1st chakra): Go into nature, walk, smell the leaves that has fallen , spot some mushrooms and be outside, and do the Vrksasana Pose (the tree).



1 STIMULATE THE MULADHARA CHAKRA: GROUNDING AND NATURE

Detoxification and Nutrition (Manipura - 3rd chakra): Cleanse your body by eating healthily and avoiding stimulants such as caffeine and alcohol. Use herbs such as ginger, turmeric, and nettle. Avoid all processed food.



2 CLEANSE AND DETOX FOR MORE ENERGY

Physical exercise (Manipura - 3rd chakra): Prepare for Winter, but take it slow. Take a walk or do soft yoga. Also work with pranayamas such as Udhahni Breath



3 MOVE YOUR BODY

Emotional balance (Svadhistana & Anahata) 2nd/4th chakra): Seek connection with others, be creative, and reflect on what gives you 'loving and healing energy'.



4 CONNECTION WITH OTHERS

Last but not least: Yoga & Meditation - (all Chakras)
perform targeted yoga exercises to circulate energy through your organs and remove blockages. A professionally trained yoga teacher can guide you in this.



5 YOGA & MEDITATION