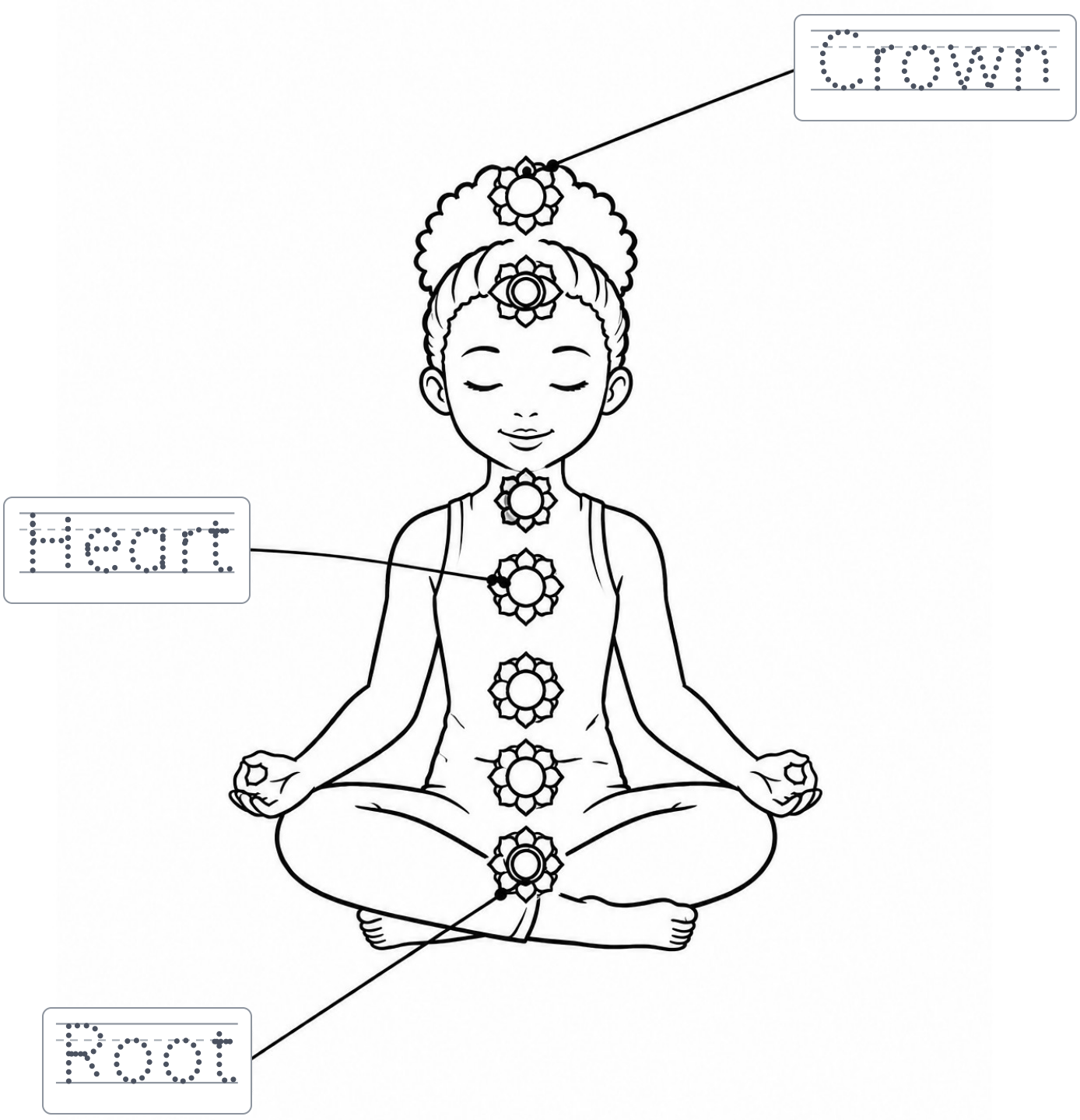
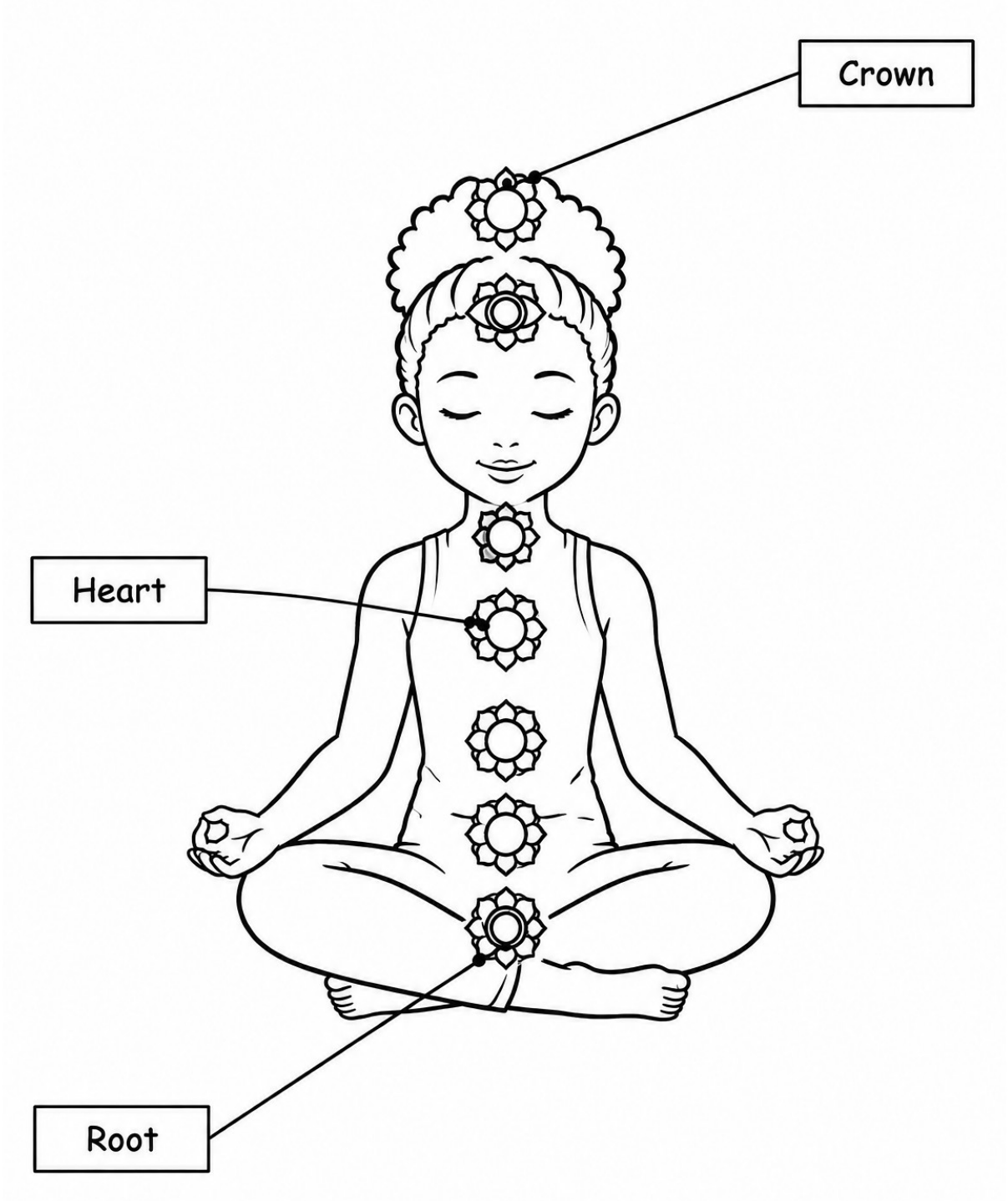
Trace the words. Then color the picture.

Name _____ Date _____

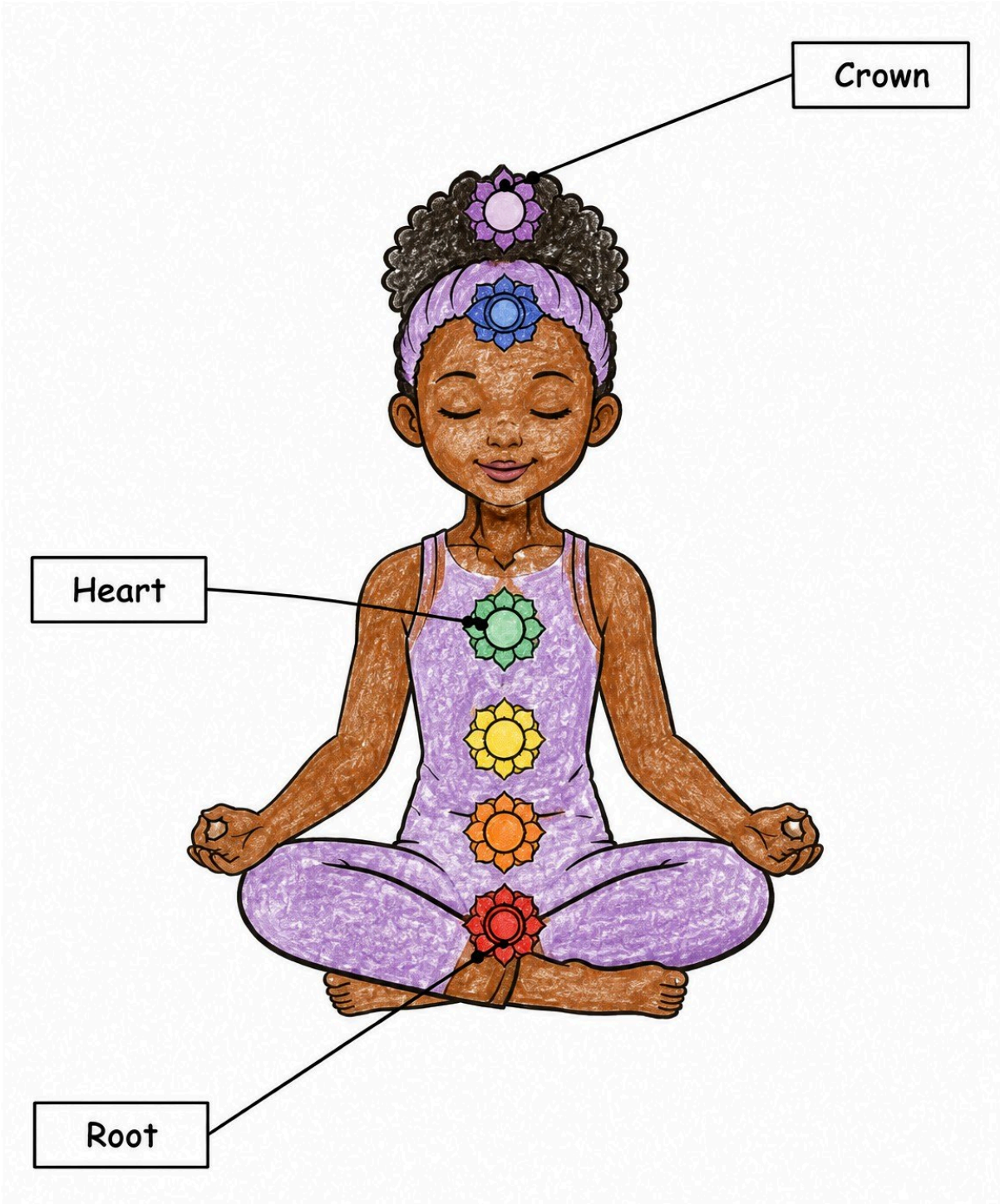
Seven Chakras on the Body



Seven Chakras on the Body



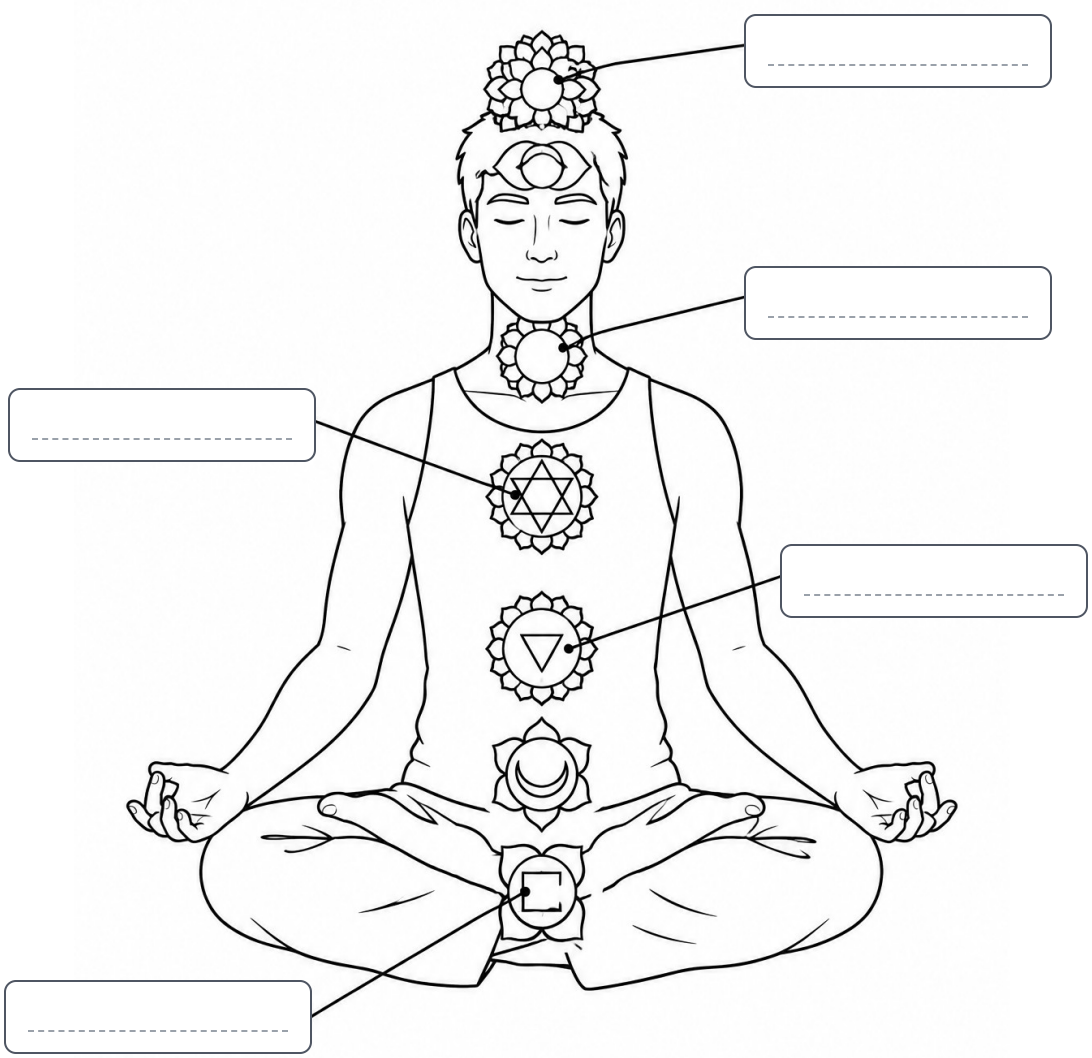
Seven Chakras on the Body



Write the missing words. Use the word bank.

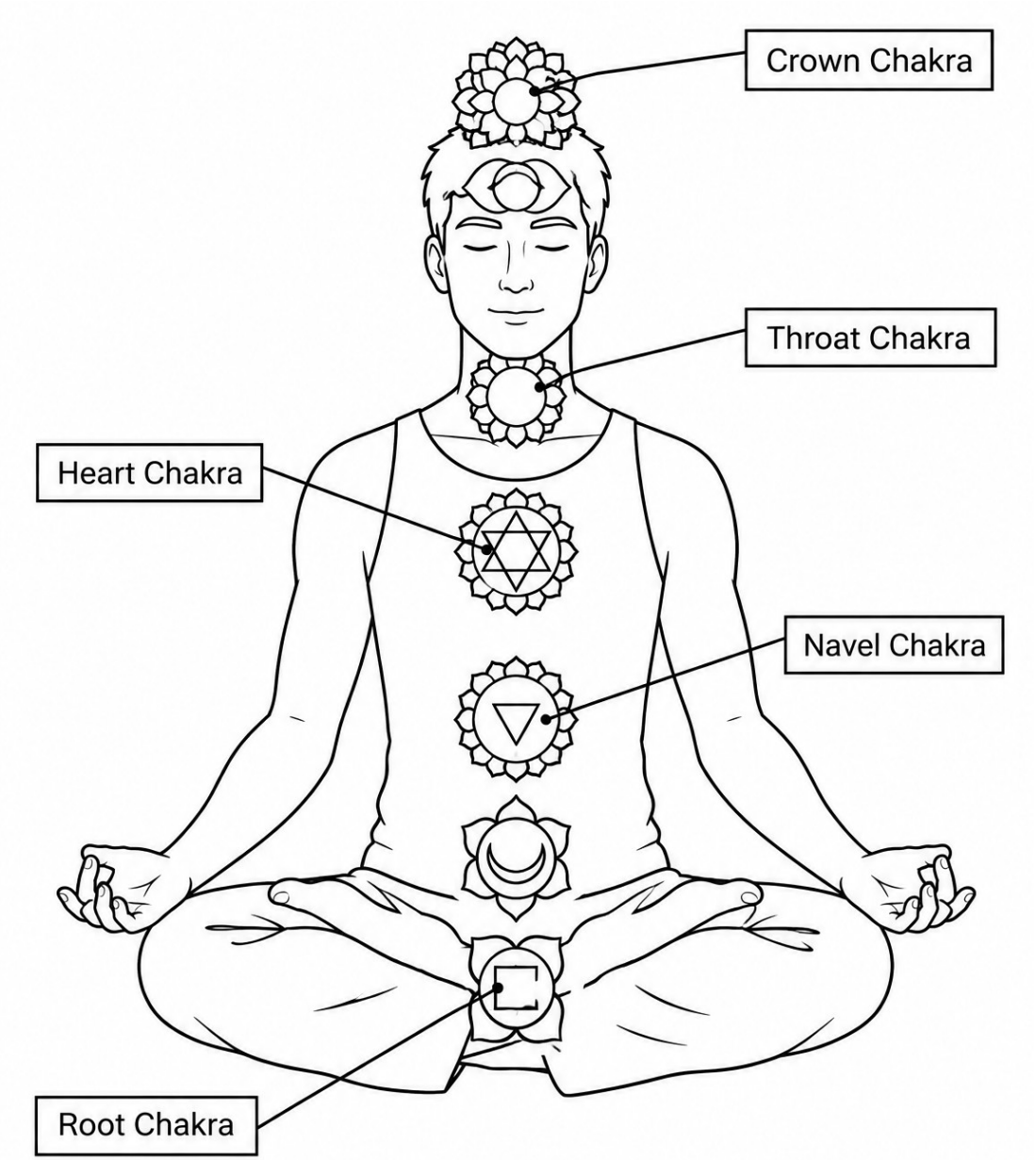
Name _____ Date _____

The Seven Chakra Centers

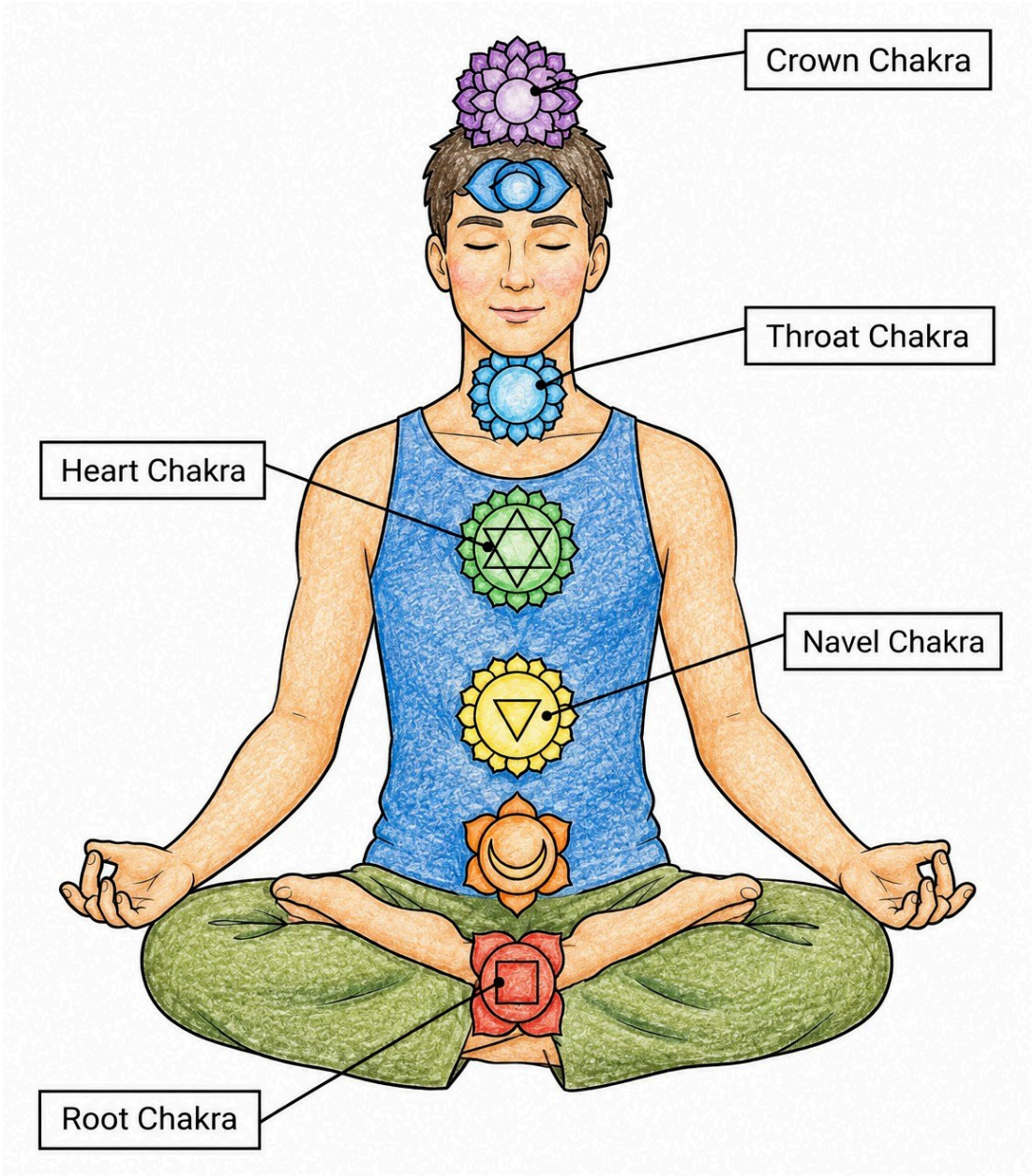


WORD BANK Heart Chakra • Root Chakra • Crown Chakra • Navel Chakra • Throat Chakra

The Seven Chakra Centers



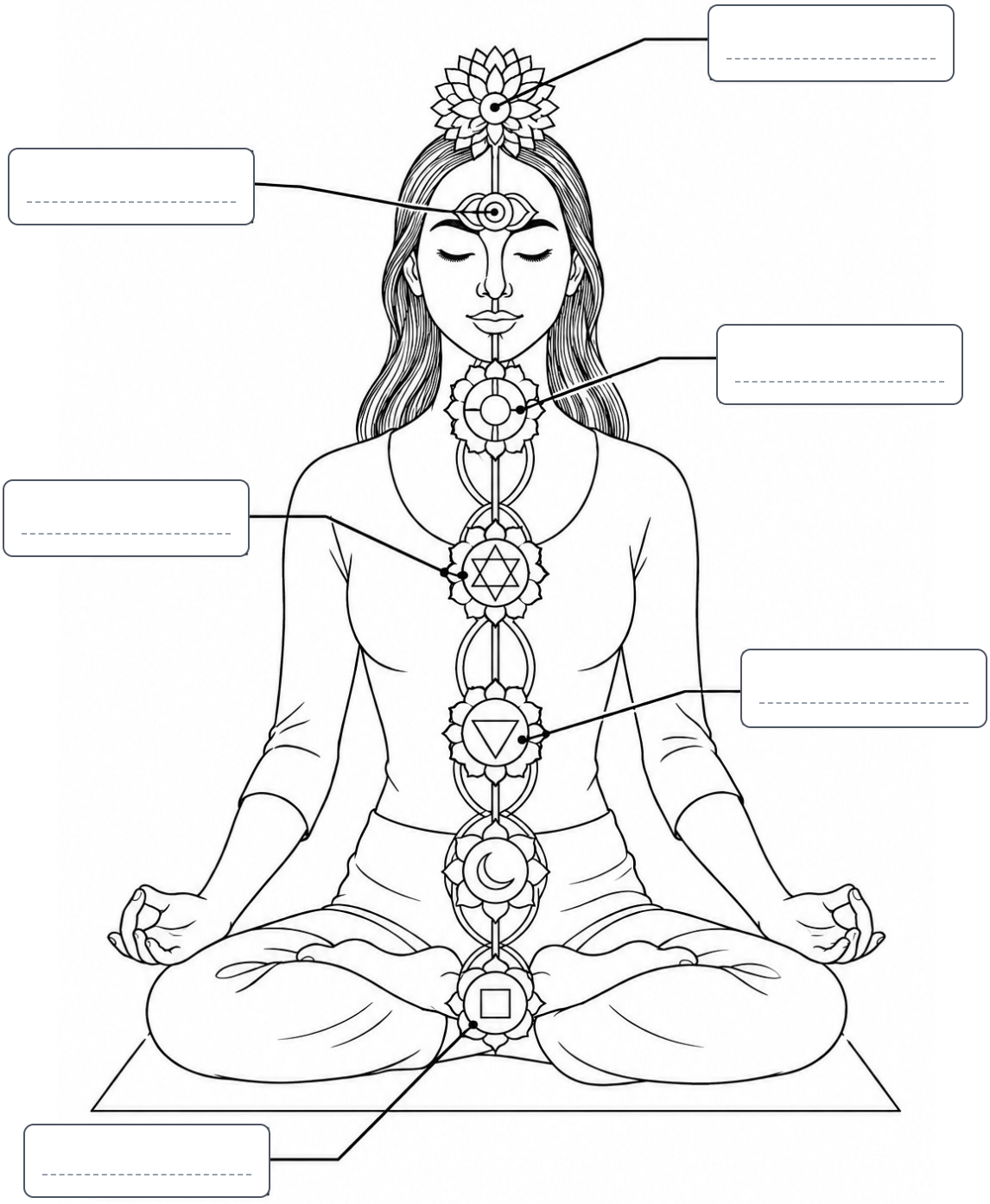
The Seven Chakra Centers



Write the missing words.
Use the word bank.

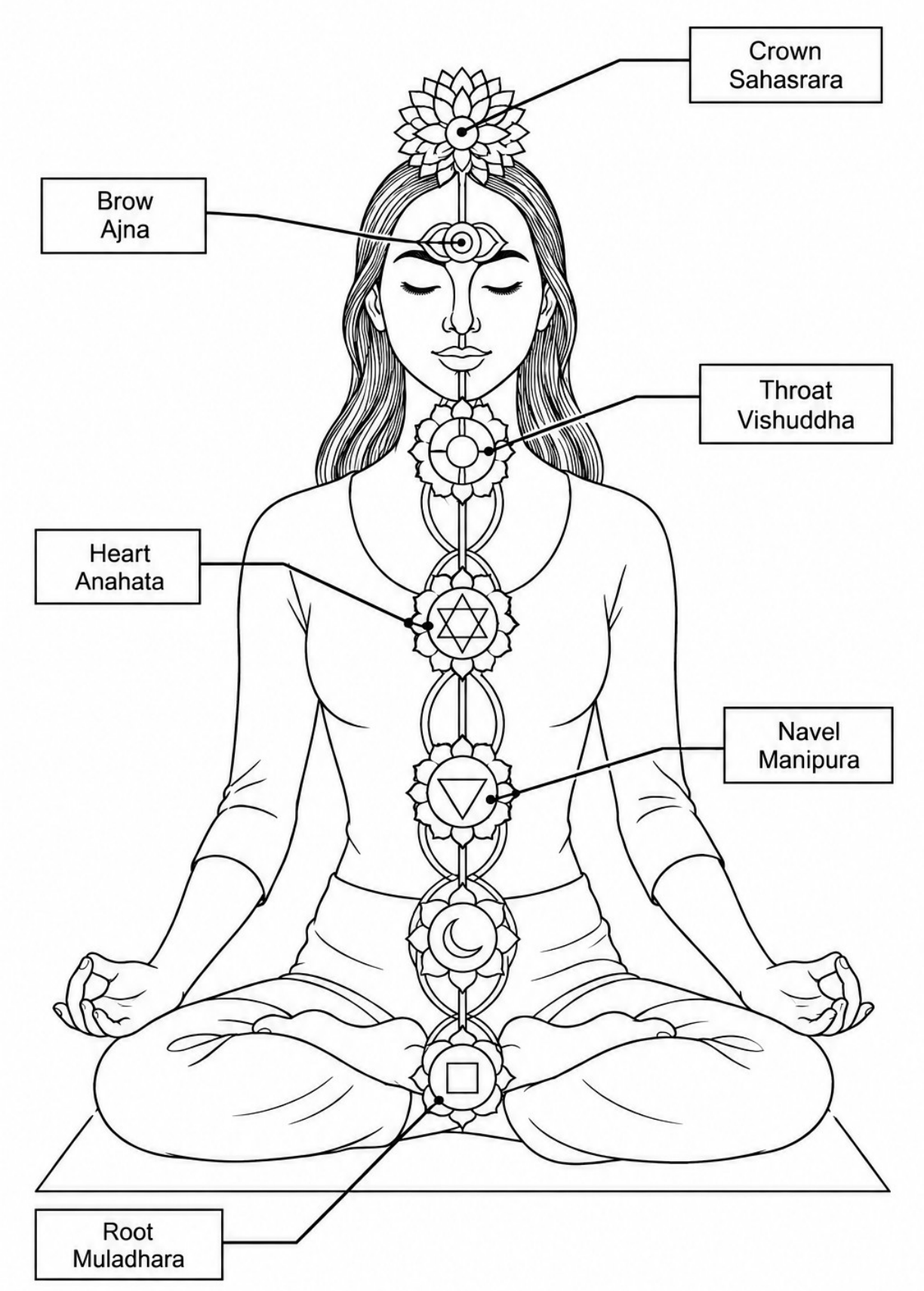
Name _____ Date _____

Chakras and Energy Channels

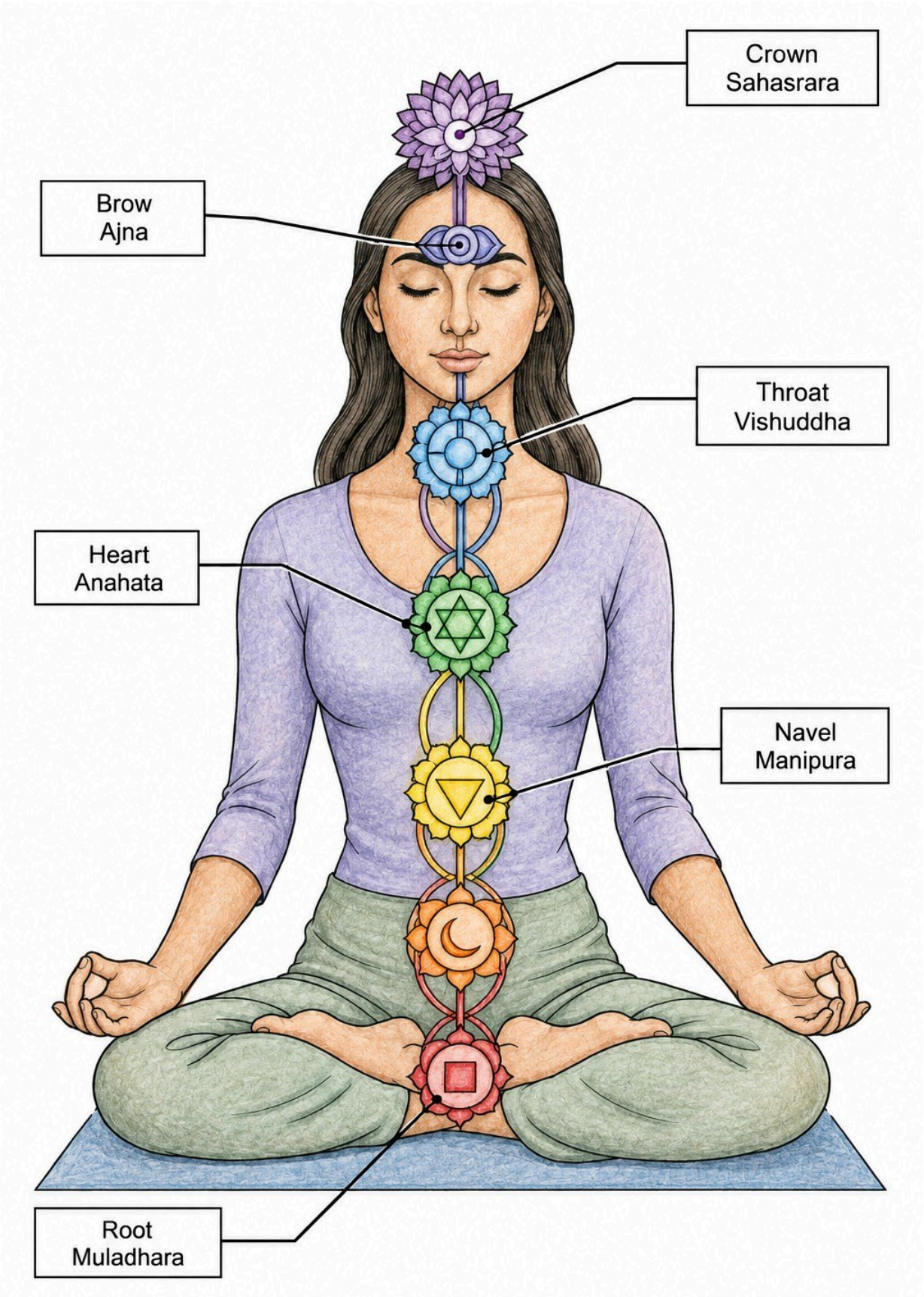


WORD BANK Navel Manipura • Root Muladhara • Crown Sahasrara • Brow Ajna • Throat Vishuddha • Heart Anahata

Chakras and Energy Channels



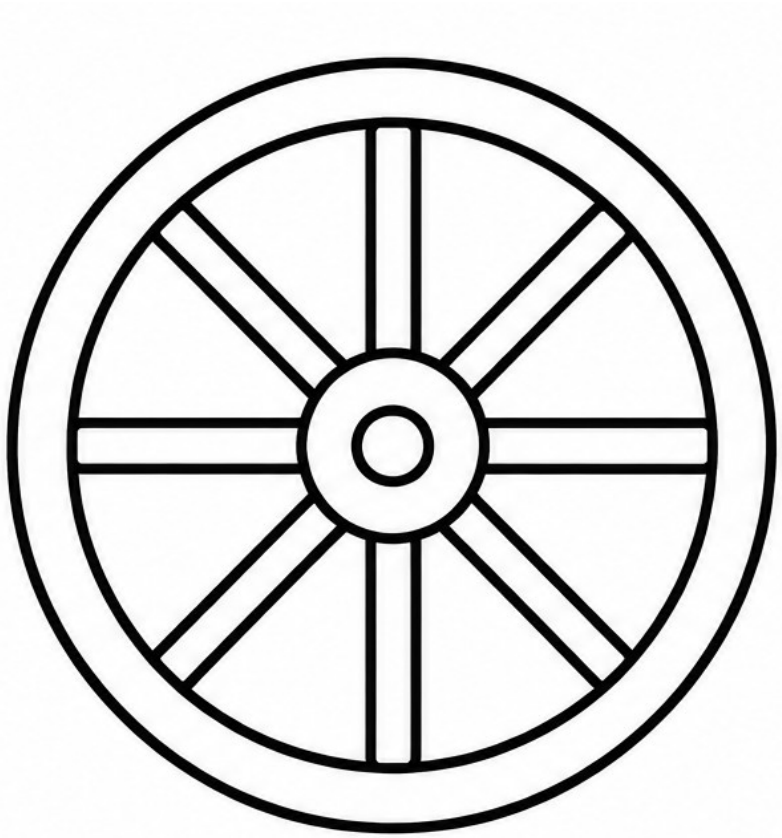
Chakras and Energy Channels

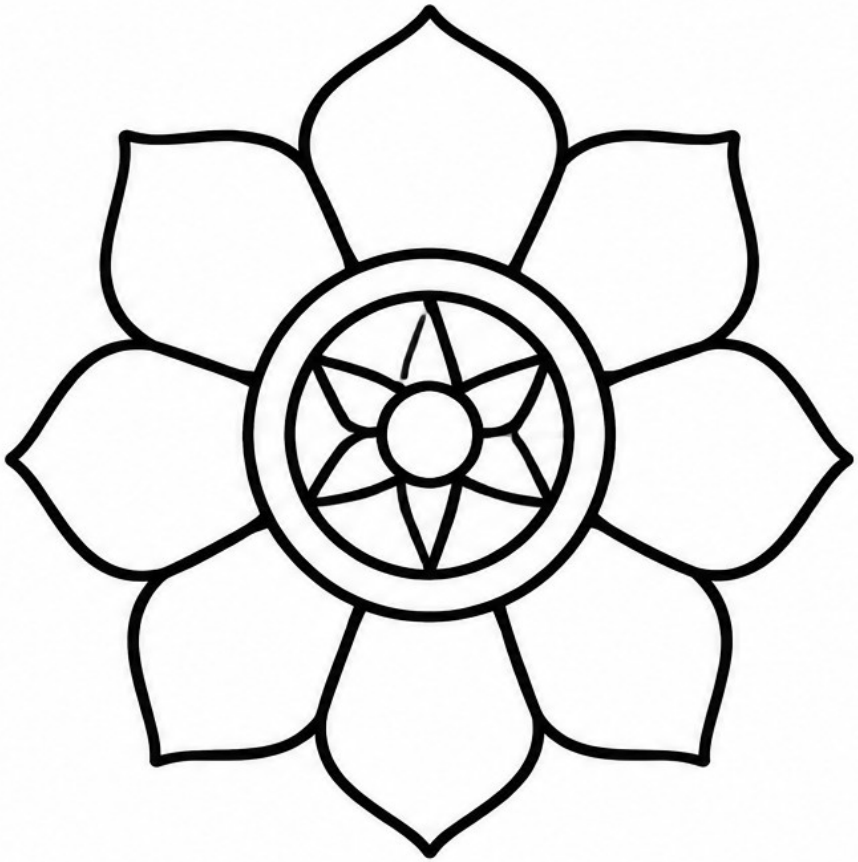


Trace the words. Then color the picture.

Name _____ Date _____

A Wheel and a Lotus

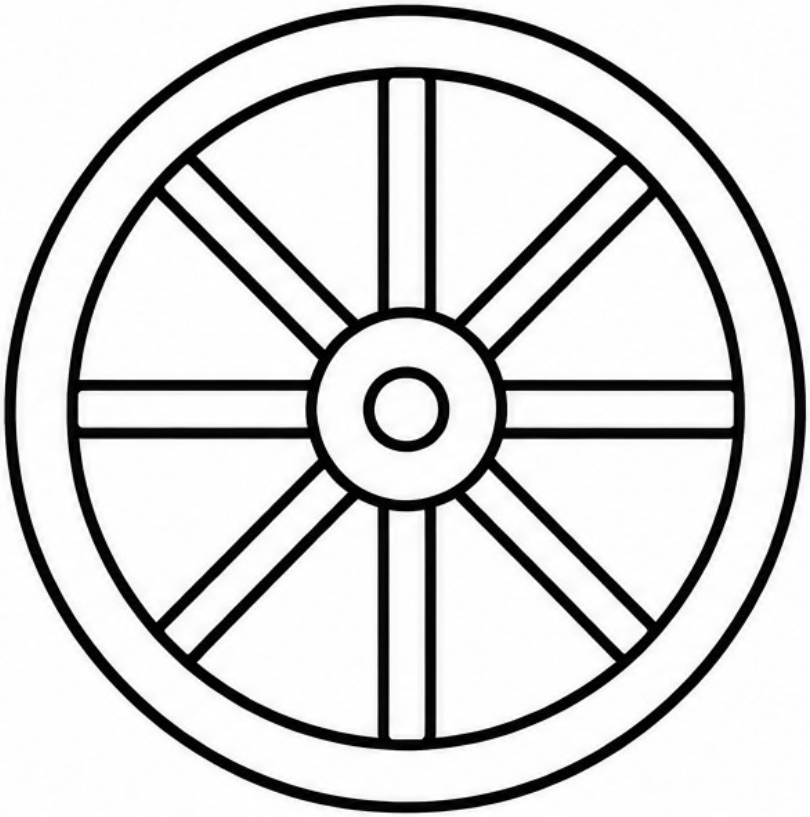




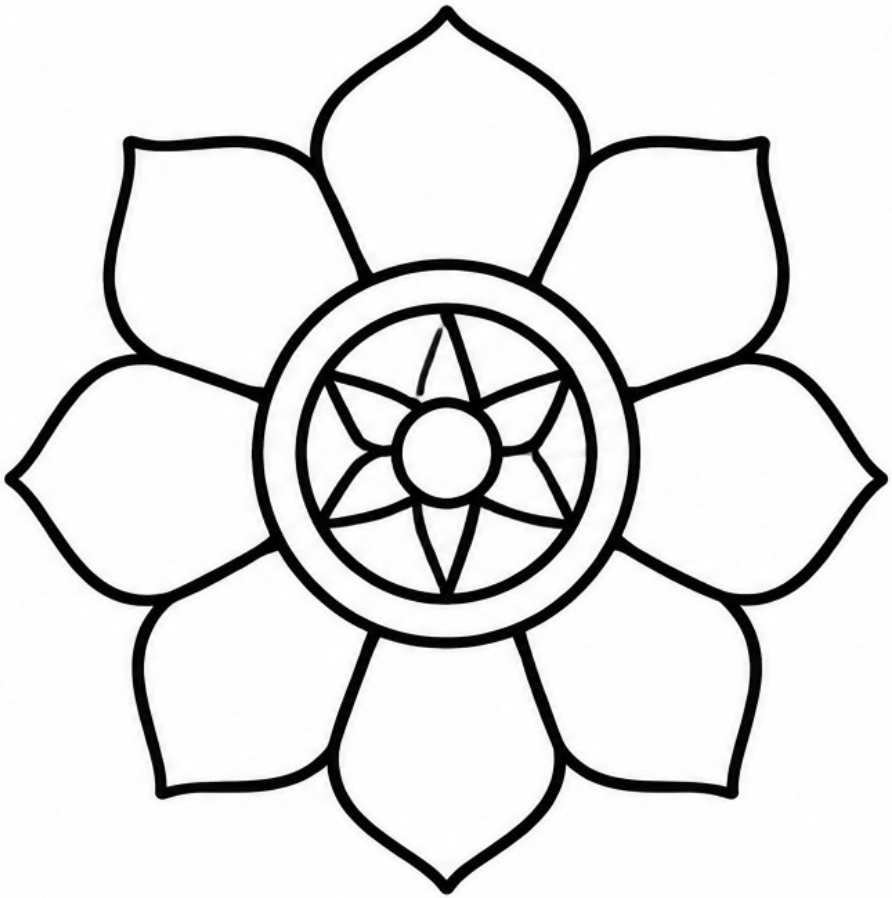
Wheel

Lotus

A Wheel and a Lotus

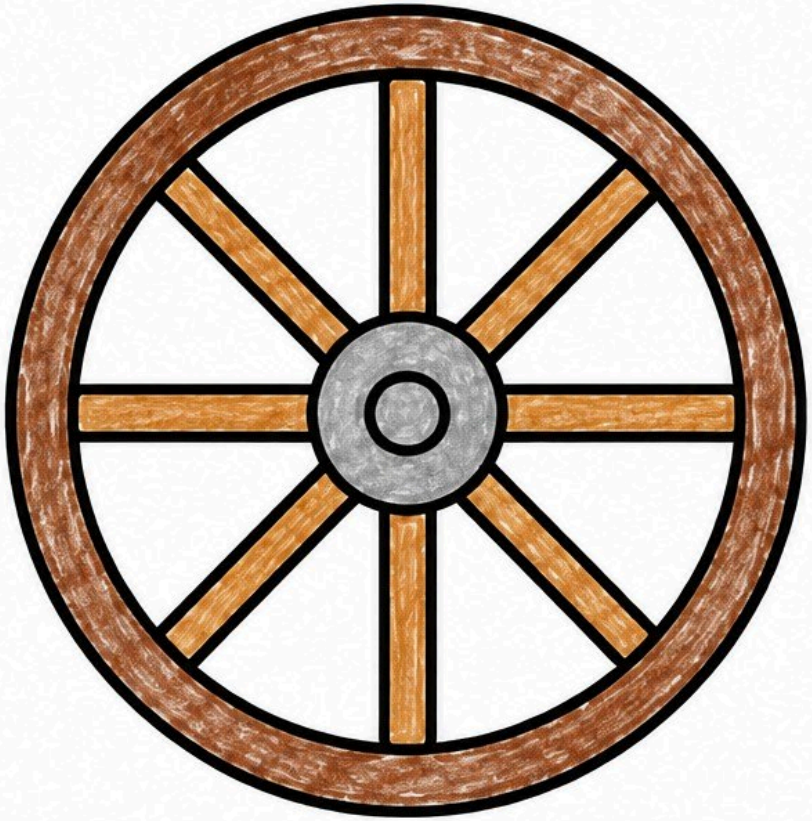


Wheel

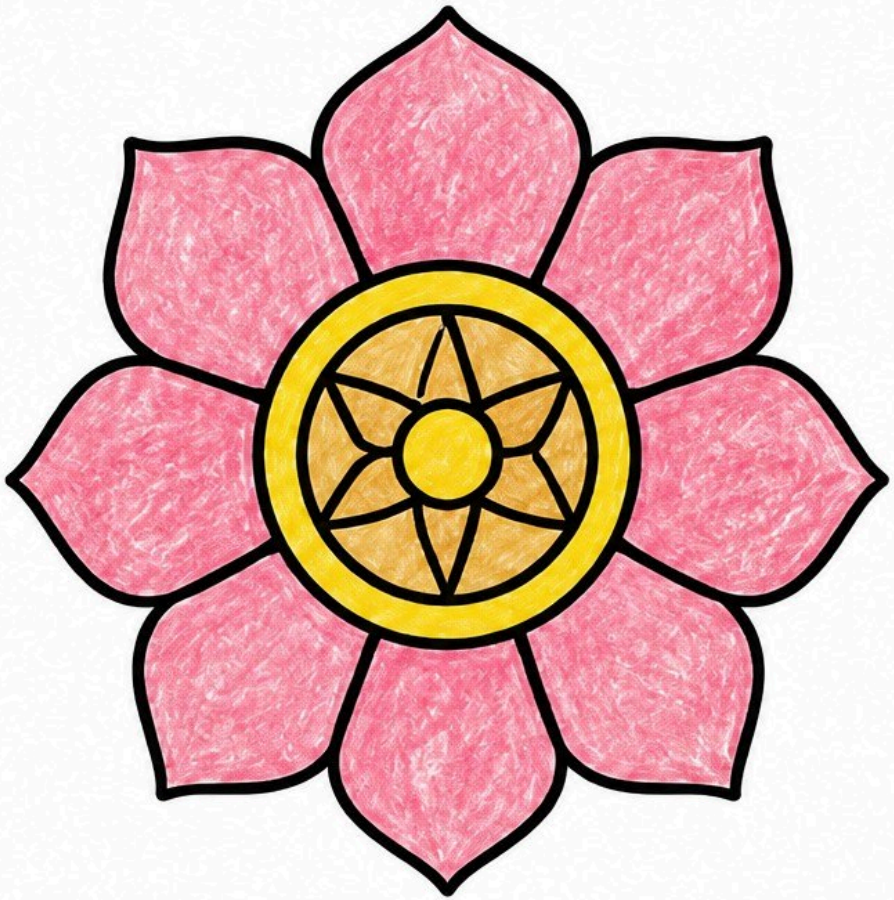


Lotus

A Wheel and a Lotus



Wheel

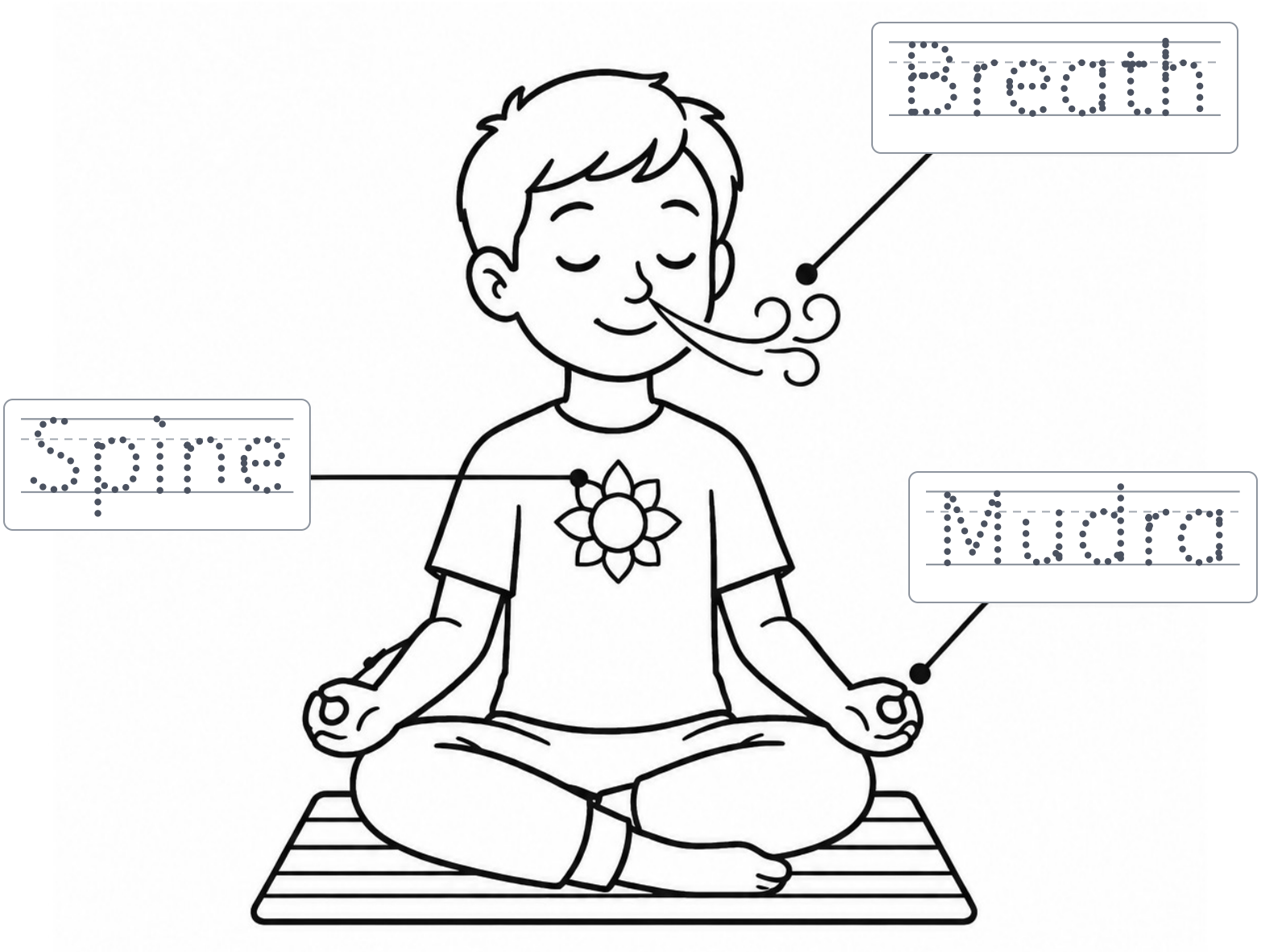


Lotus

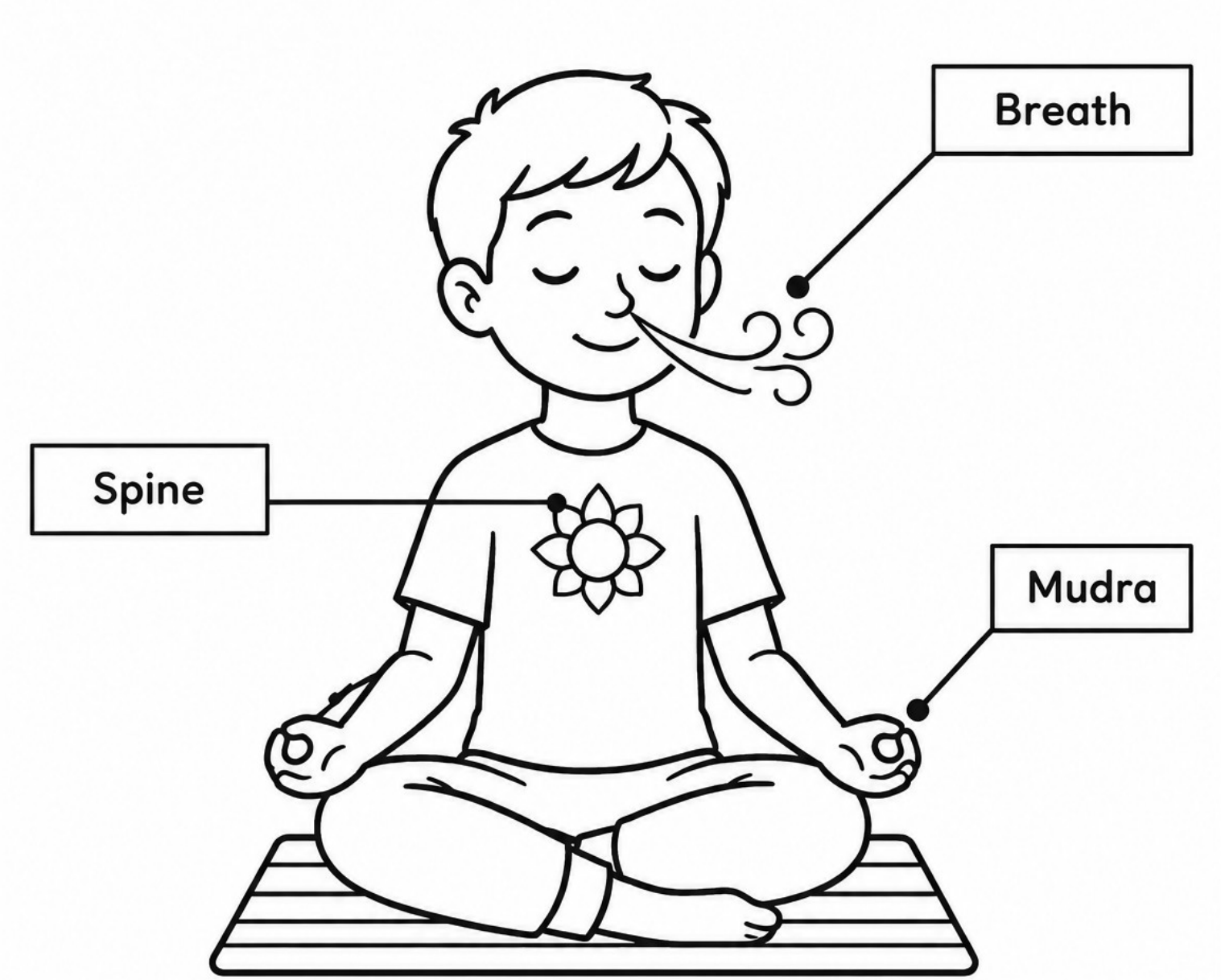
Trace the words. Then color the picture.

Name _____ Date _____

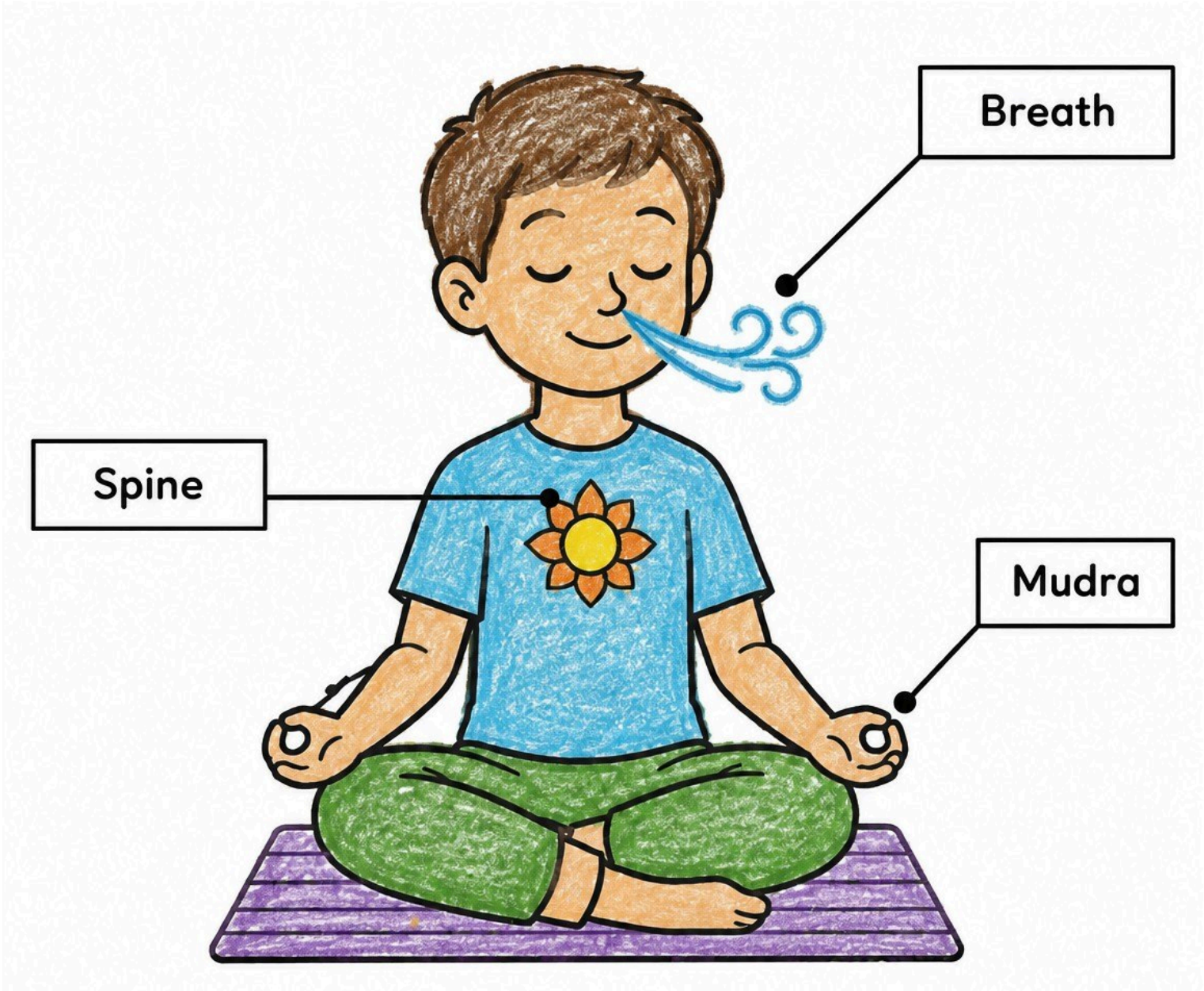
Calm Breath and Posture



Calm Breath and Posture



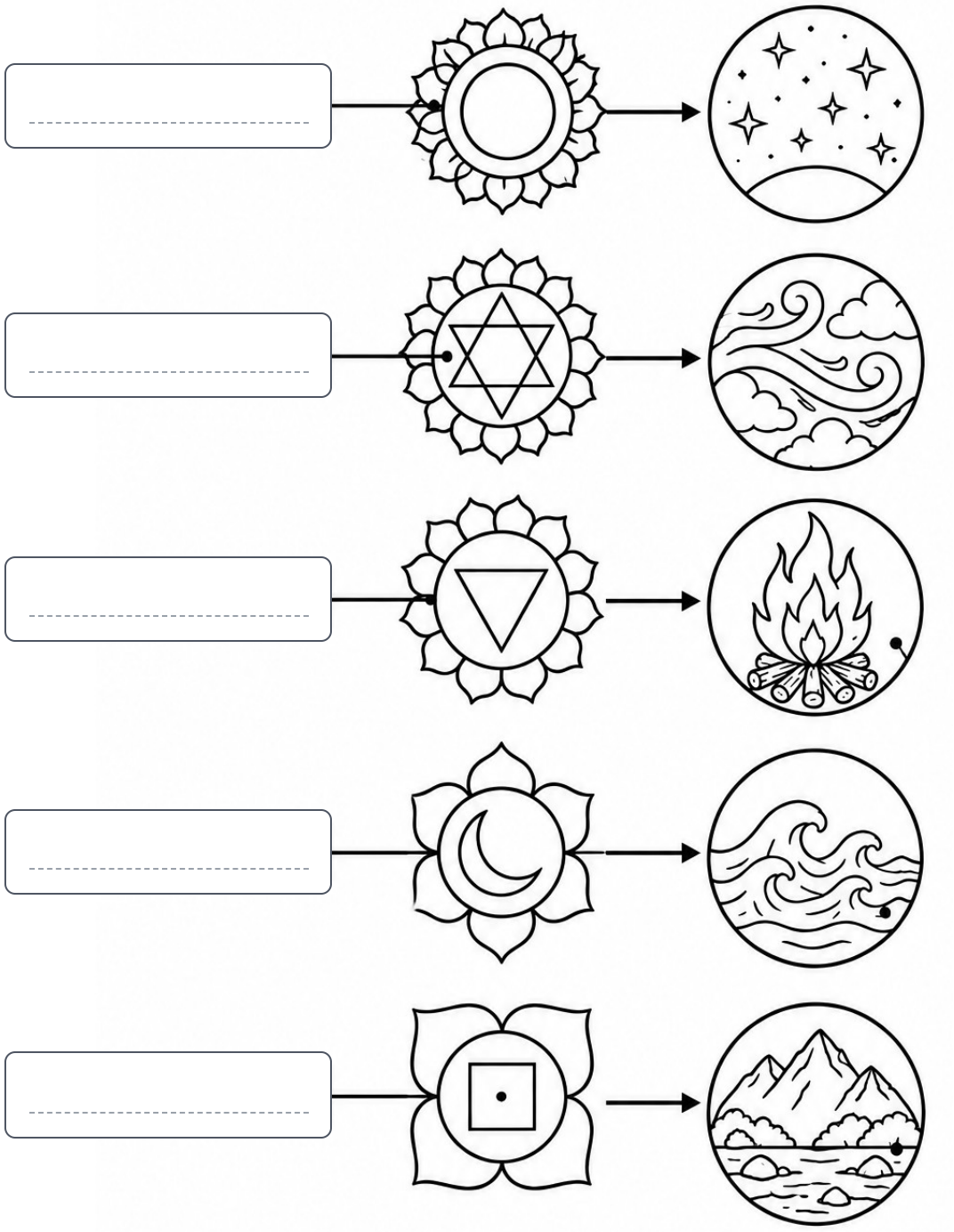
Calm Breath and Posture



Write the missing words.
Use the word bank.

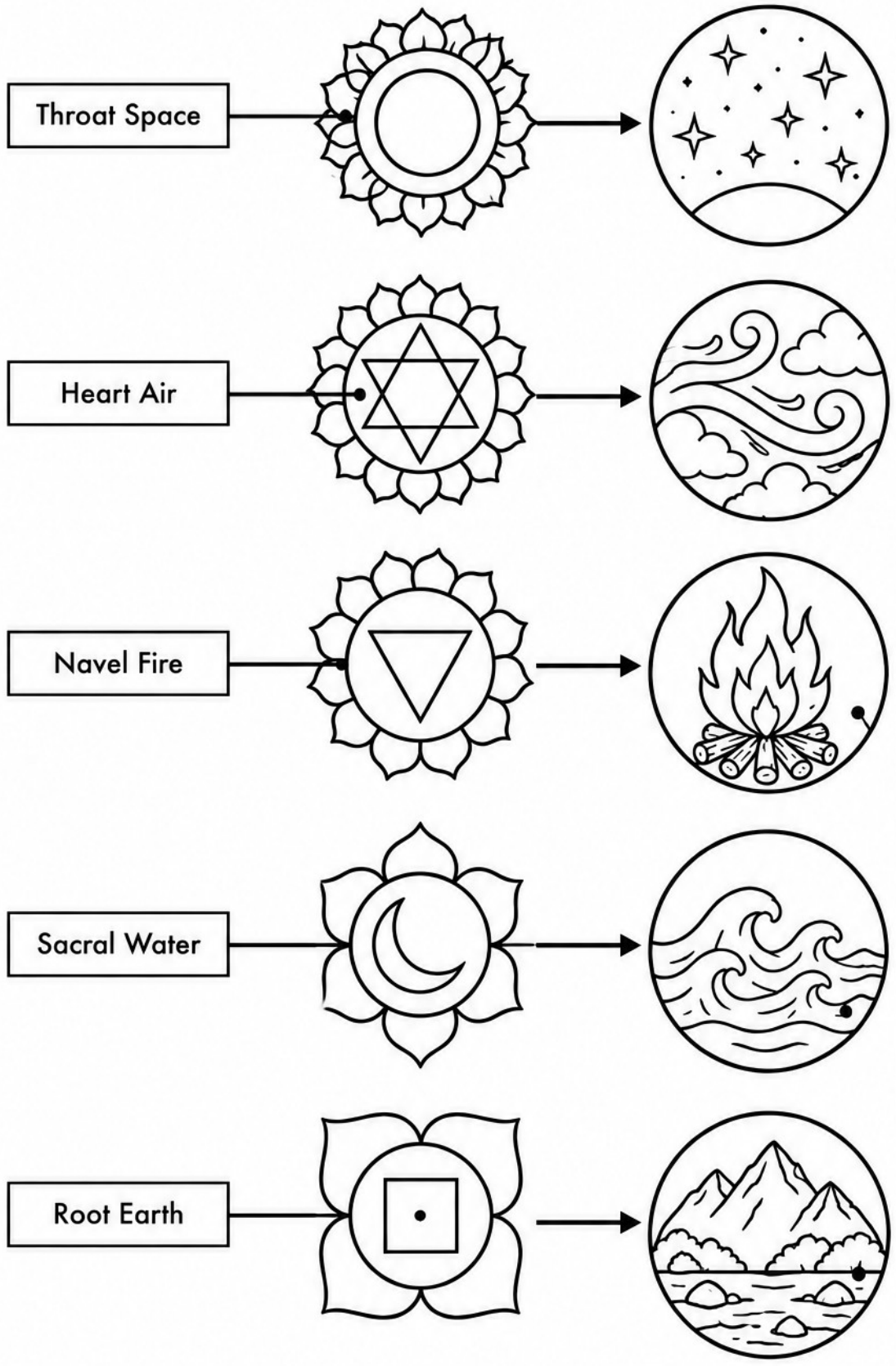
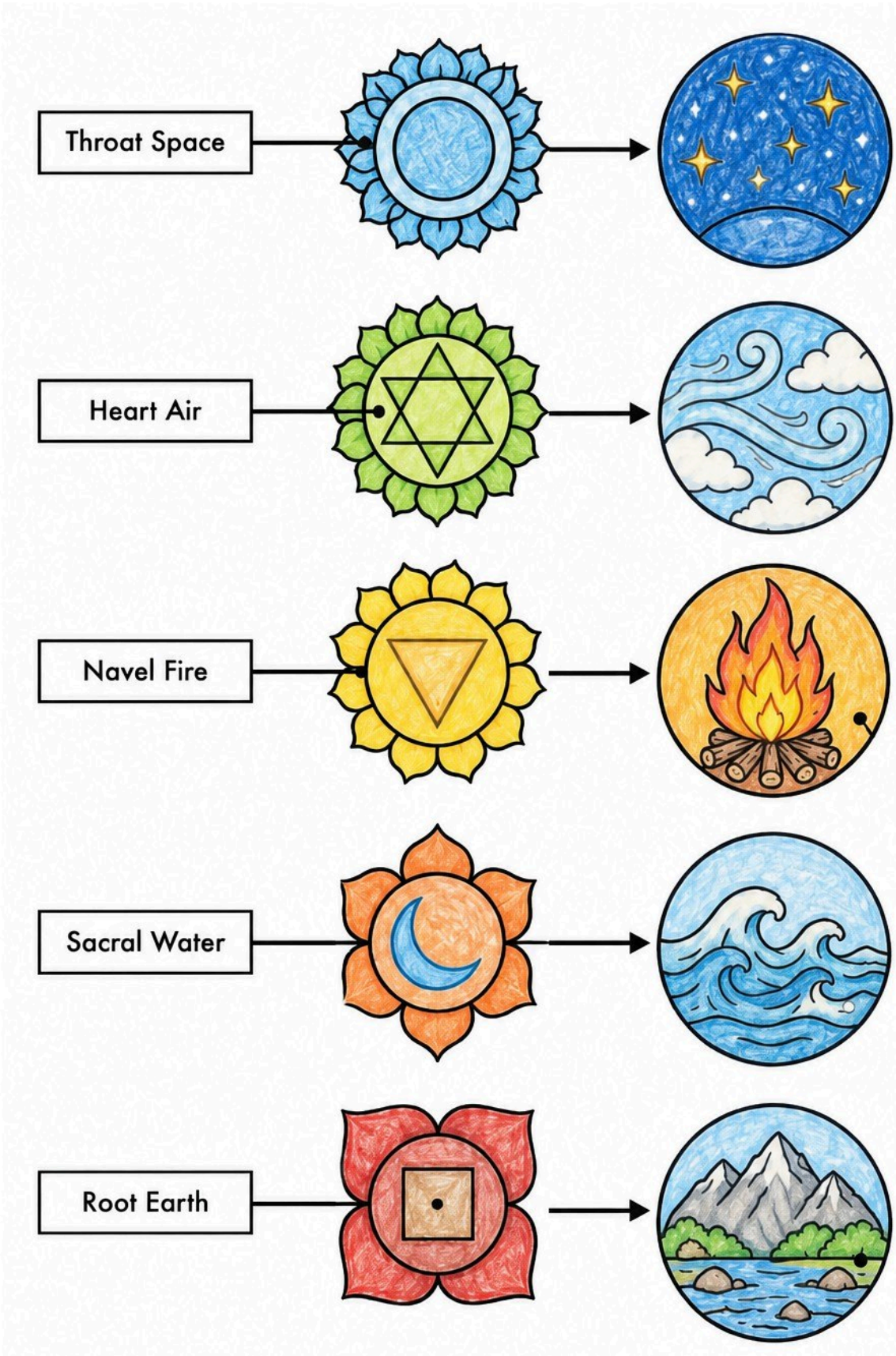
Name _____ Date _____

Chakras and Five Elements



WORD BANK Sacral Water • Throat Space • Heart Air • Navel Fire • Root Earth

Chakras and Five Elements



Chakras and Five Elements