

Using Essential Oils in Yoga to Awaken the 5 Elements

(See Safety Information Below)

Element/Chakra	Asanas	Essential Oils for Balancing each Element <i>(Italicized oils are most highly recommended)</i>
<p style="text-align: center;">Earth/Root Chakra Muladhara</p> <p style="text-align: center;">Strength, Support, and Balance</p> <p>Seed mantra is Lam (pronounced <i>lum</i>)</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Grounded • Secure • Safe • Content • Clear boundaries <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Ungrounded • Unclear of sense purpose • Fearful • Insecure • Confused • No clear boundaries 	<p>Parighasana or gate pose</p> <p>Adho mukha svanasana or downward facing dog pose</p> <p>Tadasana or mountain pose</p> <p>Uttanasana or intense forward bend</p> <p>Utthita Parsvakonasana or extended side-angle pose</p> <p>Parivritta Parsvakonasana or revolved lateral-angle pose</p> <p>Virabhadrasana 1 or warrior 1</p> <p>Virabhadrasana 2 or warrior 2</p> <p>Ardha Chandrasana or half-moon pose</p> <p>Parsvottanasana or side-stretch pose</p> <p>Prasarita Padottanasana or feet wide pose</p> <p>Vrikshasana or tree pose</p> <p>Garudasana or eagle pose</p> <p>Sukhasana or easy pose</p> <p>Baddha Konasana A or bound-angle pose</p> <p>Virasana or hero pose</p> <p>Padmasana or lotus pose</p> <p>Dandasana or staff pose</p> <p>Supta Padangusthasana or reclining big toe pose</p> <p>Ardha Matsyendrasana or lord of the fishes pose</p> <p>Marichyasana C or seated half-squat twisting pose</p> <p>Urdhva Mukha Svanasana or upward facing dog</p> <p>Salabhasana or locust pose</p> <p>Ustrasana or camel pose</p> <p>Setu Bandha Sarvangasana or bridge pose</p> <p>Bakasana or crane pose</p> <p>Vasisthasana or side plank pose</p> <p>Salamba Sarsvangasana or should-stand pose</p> <p>Salamba Sirsasana or headstand pose</p> <p>Pincha Mayurasana or feathered peacock pose</p>	<ul style="list-style-type: none"> ○ Cedarwood ○ Frankincense ○ Myrrh ○ Oakmoss ○ Patchouli ○ Spikenard ○ Vetiver

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	Ardho Mukha Vrksasana or downward facing tree pose Savasana: Focus upon drawing Shakti (kundalini) energy up from the base Chakra Muladhara up through each individual Chakra, Svadhistana, Manipura, Anahata, Vishuddha, Ajna enhancing the quality of each individual Chakra until it fills the crown Chakra Sahasrara.	
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Beginner's asana sequence supporting the Earth Element:

sukhasana (easy pose), baddha konasana (bound angle pose), dandasana (staff pose), marichyasana (seated half-squat twisting pose), parighasana (gate pose), adho mukha svanasana (downward facing dog pose), virabhadrasana 1 (warrior 1), parsvottanasana (side-stretch pose), vrikshasana (tree pose), virasana (hero pose), supta padangusthasana (reclining big toe pose), savasana (corpse pose).

Intermediate asana sequence supporting the Earth Element:

Padmasana (lotus pose), urdhva mukha svanasana (upward facing dog), ustrasana (camel pose), virabhadrasana 2 (warrior 2), prasarita padottanasana (feet wide pose), utthita parsvakonasana (extended side-angle pose), garudasana (eagle pose), ardha chandrasana (half-moon pose), vasisthasana (side plank pose), bakasana (crane pose), setu bandha sarvangasana (bridge pose), salamba sarsvangasana (shoulder stand pose), ardha matsyendrasana (lord of the fishes pose), savasana (corpse pose).

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<p style="text-align: center;">Water/Sacral Chakra Swadhisthana</p> <p style="text-align: center;">Movement, Receptivity, Adaptability</p> <p style="text-align: center;">Seed mantra is Vam</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Creative flow • Healthy sexual desire • Positive outlook • Connected to intuition • Knows how to give and receive pleasure <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Sexual problems or dysfunction • Fear of sexual or emotional Intimacy • Infidelity • Needy or withdrawn • Disconnected from intuition 	<p>Parighasana or gate pose</p> <p>Adho mukha svanasana or downward facing dog pose</p> <p>Tadasana or mountain pose</p> <p>Uttanasana or intense forward bend or standing forward bend</p> <p>Utthita Trikonasana or triangle pose</p> <p>Ardha Matsyendrasana or lord of the fishes pose</p> <p>Marichyasana C or seated half-squat twisting pose</p> <p>Ustrasana or camel pose</p> <p>Gomukhasana or cow face pose</p> <p>Eka Pada Rajakapotasana or pigeon pose,</p> <p>Baddha Konasana or bound angle pose</p> <p>Upavistha Konasana or open angle pose</p>	<ul style="list-style-type: none"> ○ <i>Ylang-Ylang</i> ○ Bergamot ○ Cardamom ○ Clary Sage ○ Neroli ○ Orange ○ Patchouli ○ Rose ○ Sandalwood ○ Jasmine
<p>Beginner's asana sequence supporting the water element: Baddha konasana (bound angle pose), marichyasana (seated half-squat twisting pose), upavistha konasana (open angle pose), parighasana (gate pose), adho mukha svanasana (downward facing dog pose), tadasana (mountain pose).</p> <p>Intermediate asana sequence supporting the water element: Eka pada rajakapotasana (pigeon pose), uttanasana (standing forward bend), utthita trikonasana (triangle pose), ustrasana (camel pose), gomukhasana (cow face pose), ardha matsyendrasana (lord of the fishes pose), Padmasana (lotus pose).</p>		

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<p style="text-align: center;"><i>Fire/Solar Plexus Chakra Manipura</i></p> <p style="text-align: center;">Transformation, Creativity, Elimination, Purification, Passion</p> <p style="text-align: center;">Seed mantra is Ram</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Comfortable in own skin • Inner peace • Confident • Calm • Patient • Flexible <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Low self-esteem or arrogant, egotistical behavior. • Feeling abandoned or rejected or feeling the world revolves around you • Difficulty understanding or controlling emotions • Rebellious or too eager to please • Nervous or stressed out • Addictive behaviors including eating disorders 	<p>Bidilasana or cat/cow pose</p> <p>Chaturanga dandasana or four limbed staff pose</p> <p>Surya namaskar or sun salutation</p> <p>Tadasana or mountain pose</p> <p>Utthita Trikonasana or triangle pose</p> <p>Parivritta Trikonasana or revolved triangle pose representing creativity to create balance</p> <p>Utthita Parsvakonasana or extended side-angle pose</p> <p>Virabhadrasana 2 or warrior 2</p> <p>Virasana or hero pose</p> <p>Padmasana or lotus pose</p> <p>Dandasana or staff pose</p> <p>Supta Padangusthasana reclining big toe pose</p> <p>Ardha Matsyendrasana or lord of the fishes pose</p> <p>Marichyasana C or seated half-squat twisting pose</p> <p>Parivritta Janu Sirsasana revolved head-to-knee pose</p> <p>Urdhva Mukha Svanasana or upward facing dog</p> <p>Salabhasana or locust pose</p> <p>Dhanurasana or bow pose</p> <p>Ustrasana or camel pose</p> <p>Setu Bandha Sarvangasana or bridge pose</p> <p>Ardho Mukha Vrksasana or downward facing tree pose</p> <p>Navasana or boat pose</p> <p>Ardha Navasana or half boat pose</p> <p>Urdhva Prasarita Padasana or leg lifts</p> <p>Bhastrika Pranayama or bellows breath or breath of fire</p>	<ul style="list-style-type: none"> ○ <i>Rosemary</i> ○ Black Pepper ○ Cedarwood ○ Cinnamon ○ Clove ○ Coriander ○ Cypress ○ Geranium ○ Ginger ○ Grapefruit ○ Juniper ○ Lemongrass ○ Mandarin ○ Peppermint ○ Sandalwood ○ Spearmint ○ Vetiver ○ Ylang Ylang ○ Neroli
<p>Beginner's asana sequence supporting the fire element: Dandasana (staff pose), marichyasana (seated half-squat seated pose), parivritta janu sirsasana (revolved head-to-knee pose), bidilasana (cat/cow pose), virasana (hero pose), chaturanga dandasana (four limbed staff pose), ardha navasana (half boat pose), urdhva prasarita (leg lifts), supra padangusthasana (reclining big toe pose).</p> <p>Intermediate asana sequence supporting the fire element: Padmasana (lotus pose), urdhva mukha svanasana (upward facing dog), tadasana (mountain pose), virabhadrasana 2 (warrior 2),</p>		

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utthita trikonasana (triangle pose), parivritta trikonasana (**revolved triangle pose**), utthita parsvakonasana (extended side-angle pose), ustrasana (camel pose), dhanuvasana (bow pose), salabhasana (locust pose), navasana (boat pose), setu bandha sarvangasana (bridge pose), ardha matsyendrasana (lord of the fishes pose).

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<p style="text-align: center;"><i>Air/Heart Chakra</i> <i>Anahata</i></p> <p style="text-align: center;">Energy, Vitality, Love, Compassion</p> <p style="text-align: center;">Seed mantra is Yam</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Able to express love • Giving • Compassionate • Joyful • Content • Sense of community <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Unable to give or receive unconditional love • Selfish • Jealous • Hateful • Grief stricken • A sense of deep loneliness • Depression 	<p>Virabhadrasana 1 or warrior 1 Ardha Chandrasana or half-moon pose Sukhasana or easy pose Baddha Konasana A or bound angle pose Parivritta Janu Sirsasana revolved head-to-knee pose Bhujangasana or cobra pose Urdhva Mukha Svanasana or upward facing dog Dhanurasana or bow pose Ustrasana or camel pose Vasisthasana or side plank pose Balasana or child’s pose Gomukhasana or cow face pose Garudasana or eagle pose Passive, restorative chest openers Uttanasana or intense forward bend Paschimottanasana or seated forward bend Practicing the seed mantra for each chakra</p>	<ul style="list-style-type: none"> ○ <i>Rose</i> ○ Bergamot ○ Cypress ○ Geranium ○ Jasmine ○ Lavender ○ Lemon ○ Mandarin ○ Melissa ○ Neroli ○ Orange ○ Sandalwood ○ Tangerine ○ Ylang Ylang
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Beginner’s asana sequence supporting the air element:
Sukhasana (easy pose), Baddha konasana (bound angle pose), parivritta janu sirsasana (revolved head-to-knee pose), paschimottanasana (seated forward bend), virabhadrasana 1 (warrior 1), bhujangasana (cobra pose), balasana (child’s pose).

Intermediate asana sequence supporting the air element:
Gomukhasana (cow face pose), urdhva mukha svanasana (upward facing dog), garudasana (eagle pose), ardha chandrasana (half-moon pose), vasisthasana (side-plank pose), uttanasana (intense forward bend), ustrasana (camel pose), dhanurasana (bow pose).

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<p><i>Ether or Space/Throat Chakra</i> Vishuddha</p> <p>Connection to Divine Consciousness</p> <p style="text-align: center;">Seed mantra is Ham</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Effective communication skills • Expressive • Good listener • Patient • Honest • Receptive to criticism • Expression of creativity through thought, speech, writing, music, voice <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Poor communication skills • Uncontrolled verbal outbursts • Deceitful • Manipulative • Shy or talks excessively • Unable to listen • Unable to express themselves 	<p>Parsvottanasana or side-stretch pose Vrksasana or tree pose Garudasana or eagle pose Bhujangasana or cobra pose Salabhasana or locust pose Ustrasana or camel pose Halasana or plough pose Pincha Mayurasana or feathered peacock pose Viparita Karani or legs up the wall pose Setu Bandha Sarvangasana or bridge pose Sarvangasana or shoulderstand</p>	<ul style="list-style-type: none"> ○ <i>Peppermint</i> ○ Basil ○ Bergamot ○ Roman Chamomile ○ Cypress ○ Spearmint ○ Ylang ylang
<p>Beginner’s asana sequence supporting the ether or space element: Parsvottanasana (side–stretch pose), virksasana (tree pose), bhujangasana (cobra pose), viparita Karina (legs up the wall pose).</p> <p>Intermediate asana sequence supporting the ether or space element: Garudasana (eagle pose), ustrasana (camel pose), setu bandha sarvangasana (bridge pose), sarvangasana (shoulder stand), halasana (plough pose), salabhasana (locust pose).</p>		

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<p style="text-align: center;">Light/Brow Chakra Ajna</p> <p style="text-align: center;">Understanding the Divine</p> <p style="text-align: center;">Seed Mantra is OM</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Intuitive • Common sense • Learns quickly and easily • Clear memory • Intelligent • Sense of spirituality <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Non-sympathetic/empathetic • Judgmental • Over intellectualizing • Lacks intuition • Lacks common sense • Forgetful • Sleep/dream/nightmare issues 	<p>Baddha Konasana B or bound angle pose Paschimottanasan or seated forward bend, adding an extra bolster or blanket to press upon and stimulate the third eye area. Janu Sirsasana or head-to-knee pose Taringa Mukha Eka Pada Paschimottanasana or three limbs face to one leg stretch of the west Upavishta Konasana or wide-angle seated forward bend Marichyasana A or seated half-squat pose Bhujangasana or cobra pose Salamba Sirsasana or headstand pose Balasana or child's pose Viparita Karani or legs up the wall pose seated yoga mudra</p>	<ul style="list-style-type: none"> ○ Sandalwood ○ Angelica Root ○ Bay Laurel ○ Clary Sage ○ Cypress ○ Cedar ○ Spruce ○ Pine ○ Oregano ○ Frankincense ○ Helichrysum ○ Juniper ○ Marjoram ○ Patchouli ○ Rosemary ○ Vetiver ○ Rose ○ Neroli ○ Jasmine ○ Lavender ○ Thyme
<p>Beginner's asana sequence supporting the light element: Baddha konasana (bound angle pose), paschimottoasana (seated forward bend), marichyasana (seated half-squat pose), viparita karani (legs up the wall pose), bhujangasana (cobra pose), balasana (child's pose).</p> <p>Intermediate asana sequence supporting the light element: Taringa mukha eka pads paschimottasana (three limbs face to one leg stretch of the west), janu sirsasana (head-to-knee pose), upavishta konasana (wide-angle seated forward bend), salamba sirsasana (headstand pose).</p>		

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<p style="text-align: center;"><i>Thought or Cosmic Consciousness/Crown Chakra Sahasrara</i></p> <p style="text-align: center;">Consciousness</p> <p style="text-align: center;">Seed mantra is silence</p> <p style="text-align: center;">Signs of Balance</p> <ul style="list-style-type: none"> • Feels that life has purpose • Feels a connection with others • Wise • Insightful • Balanced spiritual life • Inspired <p style="text-align: center;">Signs of Imbalance</p> <ul style="list-style-type: none"> • Feelings of unbalanced spirituality • Excessive fear of death • Unclear of life or spiritual purpose • Feeling alone in the universe or that everything depends on you • Unspiritual • Uninspired 	<p>Buddha Konasana C or bound-angle pose focuses upon all the Chakras drawing Shakti (kundalini) energy from the root Chakra up through each Chakra enhancing the qualities of each Chakra until it fills the crown Chakra.</p> <p>Paschimottanasan or seated forward bend</p> <p>Janu Sirsasana or head-to-knee pose</p> <p>Taringa Mukha Eka Pada Paschimottanasana or three limbs face to one leg stretch of the west</p> <p>Upavishta Konasana or wide-angle seated forward bend</p> <p>Marichyasana A or seated half-squat pose</p> <p>Savasana or corpse or resting pose. Focus upon drawing Shakti (kundalini) energy up from the base Chakra Muladhara up through each individual Chakra, Svadhistana, Manipura, Anahata, Vishuddha, Ajna enhancing the quality of each individual Chakra until it fills the crown Chakra Sahasrara.</p> <p>Meditation</p>	<ul style="list-style-type: none"> • <i>Frankincense</i> • Cedarwood • Helichrysum • Jasmine • Lavender • Myrrh • Neroli • Rose • Sandalwood • Spikenard • Vetiver • Spruce • Ravensara • Basil • Rosemary
<p>Beginner’s asana sequence supporting the thought or cosmic consciousness element: Baddha konasana (bound-angle pose), paschimottasana (seated forward bend), Taringa muka eka pada paschimottanasana (three limbs face to one leg stretch of the west),janu sirsasana (head-to-knee pose),marichyasana (seated half-squat pose), savasana (corpse pose).</p> <p>Intermediate practice supporting the thought or cosmic consciousness element: Meditation.</p>		

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Safety Information:

Disclaimer

The FDA has not evaluated the statements in this article. No claims are made as to any medicinal value of the essential oils. Information, and descriptions presented here are for educational purposes only and are not intended to diagnose, treat, cure, or prevent any disease. This information should not be used as a substitute for medical counseling with a health care professional. Individuals with serious illnesses should consult a qualified health care professional.

Safety Guidelines

Essential oils are very highly concentrated and potent and it is important to always check the specific safety data provided. Keep out of reach of children, the elderly, and pets. For external use only. Avoid contact with mucus membranes and eyes. If any essential oils have contacted your eye, wash out with a vegetable oil such as olive oil, not water. Please read [our safety information](#).

Yoga Safety:

Not all exercise is suitable for everyone. To reduce the risk of injury, consult your doctor before beginning this or any exercise program.

The content provided in this article and chart are for information purposes only and is in no way intended as a substitute for appropriate medical advice or examination from a medical healthcare profession, or personal instruction from an experienced yoga teaching. Ancient Ways Botanicals encourages you to be cautious when using yoga and physical information. If at any time you are unsure about your ability to practice yoga or meditation in a safe way, consult an experienced yoga teacher or medical healthcare professional.

In addition – if you are dealing with any sort of mental, emotional or physical disorder, or are undergoing psychotherapy, are experiencing seizures, or have any other neurological or neuro-respiratory disease, we suggest that you consult your doctor or therapist, and use this information under their supervision. Ancient Ways Botanicals does not assume responsibility for your improper use of this information.

At all times we ask that you respect your body's limitations and inner wisdom, and if something feels wrong or dangerous please do not do it.

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If, as a result of listening to or reading the information in this article or on our website, or after taking part in any discussion, you wish to act on any of the information you should do so only after consultation with your yoga teacher or healthcare professional.

Enjoy your Practice!