

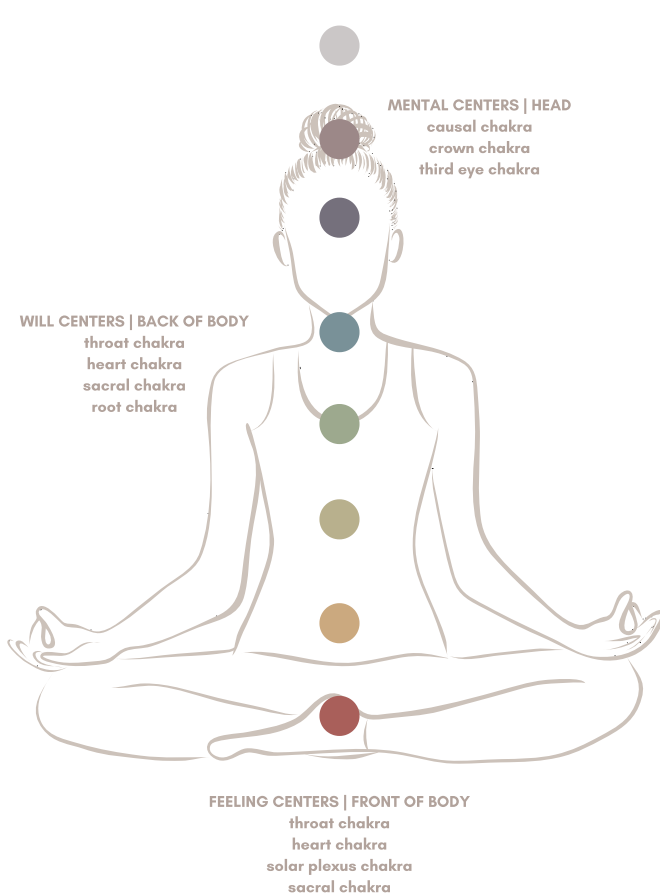
Body Scan Worksheet

Use this worksheet to map out where you feel pain and tension in your body. If it's in between two chakras, notice which one resonates with you. It can also be connected to both. Again, no judgement. We are working from a place of awareness so we can get the energy flowing.



BODY SCAN *Chakras*

Identify where the stress is in your body. Find the corresponding chakra.



CAUSAL CHAKRA | HEAD

tension in the back of the head



CROWN CHAKRA | HEAD

dizzy, light headed, depressed, hormonal imbalance



THIRD EYE CHAKRA | HEAD

headache, tension around the forehead, hard time visualizing



THROAT CHAKRA | BODY

B: tension and pain at the base of the neck
F: sore throat, coughing, thyroid problems



HEART CHAKRA | BODY

B: pain between shoulder blades
F: heaviness, pressure, tightness in chest



SOLAR PLEXUS CHAKRA | BODY

F: bloating, poor digestion, GI tract issues



SACRAL CHAKRA | BODY

B: tension in your lower back
F: bladder, adrenal glands, reproductive organs



ROOT CHAKRA | BODY

B: stressed, tired, constipated