

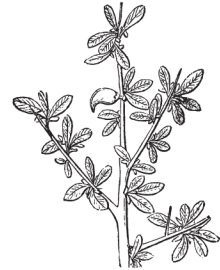
# Essential Oils for Yoga and Meditation

## **Frankincense (*Boswellia carterii*):**

Elevates spiritual connection.

Chakra: Corona.

Use: in a diffuser or a diluted drop on the temples.



## **Sandalwood (*Santalum alba/spicatum*):**

Deepens mental calm.

Chakra: Third eye.

Use: in diffuser or applied diluted on the forehead.



## **Myrrh (*Commiphora myrrha*):**

Provides emotional stability.

Chakra: Root.

Use: in diffuser or combined with incense.

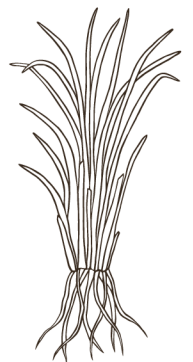


## **Vetiver (*Vetiveria zizanoides*):**

Root and center.

Chakra: Root.

Use: diluted on the soles of the feet.



## **Palo Santo (*Bursera graveolens*):**

Cleanses energies and calms the mind.

Chakra: Corona.

Use: in diffuser or direct inhalation.



**Lavender (*Lavandula angustifolia*):**

Relax body and mind.

Chakra: Heart.

Use: in diffuser or direct inhalation.



**Rose (*Rosa damascena*):**

Open your heart and connect with deep emotions.

Chakra: Heart.

Use: apply diluted on the chest.



**Atlas Cedar (*Cedrus atlantica*):**

Strengthens confidence and roots.

Chakra: Root.

Use: in diffuser or neck.



**Patchouli (*Pogostemon cablin*):**

Connect with the physical body.

Chakra: Root.

Use: in roll-on diluted on feet or neck.



**Ylang-Ylang (*Cananga odorata*):**

Balances emotions and relaxes tension.

Chakra: Sacral.

Use: in diffuser with moderate dose.

