

# Types of Chakras



1. **Sahasrara (Sanskrit: सहस्रार, Sahasrāra) Crown Chakra (top of the head; 'soft spot' of a newborn)**



2. **Ajna (Sanskrit: आज्ञा, Ājñā) Brow or Third Eye Chakra (pineal gland or third eye)**



3. **Vishuddha (Sanskrit: वशिद्ध, Viśuddha) Throat Chakra (throat and neck area)**



4. **Anahata (Sanskrit: अनाहत, Anāhata) Heart Chakra (heart area)**