



5. Manipura (Sanskrit: मणपूर, Maṇipūra) Solar Plexus Chakra (navel area)



6. Swadhisthana (Sanskrit: स्वाधिष्ठान, Svādhiṣṭhāna) Sacral Chakra (last bone in spinal cord, the coccyx)



7. Muladhara (Sanskrit: मूलाधार, Mūlādhāra,) Base or Root Chakra (ovaries/prostate)