The Chakra System – Chakra Maintenance

**Heart Chakra**

- **"T" Position**: In between the shoulder blades
- **Across the upper back**
- **Over the chest**
- **Over the upper back**

**Throat Chakra**

- **Over the throat I**: On the nape
- **Over the throat II**: Across the shoulders

**Third Eye**

- **Over the forehead**
- **Back of the head**
- **Forehead**