**Yogic Chakras Through The Seven Valleys Program**

**Week Two - 5# Throat Chakra Questions Creations**

**\*Create questions to pose to yourself for your morning and evening 20 minute reflections practices for the week on the Throat Chakra Themes**

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| Throat Chakra | Inner Voice | Self-Expression | Creative Will Power |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |