

YOGA FOR YOUR SACRAL CHAKRA

POSES TO IGNITE SVADHISHTHANA



ANJANEYASANA / LOW LUNGE

Start on all fours. Exhale, step the right foot forward until you feel a nice stretch in the left thigh and hip. Keep the right knee above the right ankle and the hips levelled. Inhale, lift the chest away from the pelvis and the arms up, gaze forward or at your thumbs. Allow the pelvis to sink down and forward while keeping the chest lifted.



TRIKONASANA / TRIANGLE POSE

From standing, take a big step and rotate your right foot 90°. Activate your legs, lift the knee caps, press feet equally into the mat. Inhale, lengthen the spine, draw the belly in, lift your arms parallel to the floor; exhale, bend from the hips above your right leg, shifting the hips towards back of mat. Bring the right arm down as far as it reaches: shin, foot or floor and stretch left arm to the sky. Lengthen the torso, press into the feet and extend the left fingertips upwards. Look forward or at the left hand, relax the jaw. Breathe gently.



UTKATA KONASANA/ GODDESS POSE

Stand with your feet wide and rotate both feet outwards. Exhale, bend your knees just above the ankles and bring the thighs parallel to the floor. Keep pushing the knees back. Engage your core and tuck the tailbone under. Bend the elbows at shoulder height 90°, hands in gyan mudra. To release, inhale and straighten the legs. Exhale, arms to the sides.



UPAVISTHA KONASANA / WIDE-ANGLE SEATED FORWARD BEND

Sit straight, open your legs to an 90° angle with the pelvis. Rotate the thighs slightly outwardly and flex the feet. Place the palms on the floor in front of you, inhale and lift the upper torso, creating a soft hollow in the spine. Stay here for a few breaths if you're already feeling a good stretch in the legs. Suck the belly in, exhale and fold forward from the hips, keeping the spine straight. Breathe long and deep for 1min. Exhale, push back up gently and close your legs slowly. Sit cross-legged for a few breaths before continuing.



EKA PADA RAJAKAPOTASANA/PIGEON

From all fours, bring your right knee to your right wrist, and the right ankle to the left wrist. The left knee can come outside the hip line (and left foot to your right hip) or keep the shin parallel to the short-edge of the mat for a deeper hip opening. Slide the left leg straight behind you, in the axis of the body, not to the side. Check the hips are levelled. Inhale, lengthen the torso, open the chest, look up. Exhale, slowly bend forward and rest the forehead on your hands. Breathe deeply for 1min, allowing the chest to sink into the floor and the hips to open. Inhale come up, press back into all fours or Downward Facing Dog before the other side.



ARDHA MATSYENDRĀSANA / HALF LORD OF THE FISHES POSE

Sit with knees bent, feet on the floor. Slide the left leg under the right leg and bring the left foot alongside the buttocks. Cross the right ankle over your left knee, keeping both sit bones on the mat. Inhale, lengthen the spine, exhale start twisting towards the right. Press your right hand in the floor and hug your right knee towards your chest with left arm. Look gently over the right shoulder. Hold for 5 breaths. Exhale, release the neck first then very slowly untwist.



PASCHIMOTTANASANA/ SEATED FORWARD BEND

Sit with your legs straight in front of you. Find your sit bones and flex your feet. Inhale lengthen the spine and tuck the belly. Exhale, walk the fingertips towards the feet and slowly bend from the hip joint, not the waist. The lower belly should touch the thighs first, then ribs, and head last. Inhale, lift and elongate the torso. Exhale bring the chest closer to your legs. Work towards holding your heels without compromising the length of the spine. To release, inhale lift the torso and pull the tailbone down into the pelvis.

Finish the sequence by lying in Savasana (Corpse Pose) for a few minutes.

