

YOGA FOR YOUR SOLAR PLEXUS CHAKRA

POSES TO STIMULATE MANIPURA

VIRABHADRASANA I / WARRIOR 1

Take a big step forward, bend the front leg while keeping the knee just above the ankle. The back foot is 45 to 60° and the back leg is straight. Plant the back heel and the outer edge of the foot firmly in the mat. Maintain the hips levelled and facing the wall in front of you. Inhale, lift the arms perpendicular to the floor, palms touching or facing each other. Gaze at your thumbs. Lift the rib cage up, relax the shoulders and draw the scapula down along the spine. Hold for 30 secs to 1min. Breathe slowly and steadily in your solar plexus. Tap into your inner warrior strength and power.



PARIVRTTA TRIKONASANA / REVERSE TRIANGLE POSE

From Warrior 1, inhale straighten the front leg; exhale, release the arms. Check that both heels are aligned and firmly pressed in the ground. Inhale, lengthen through the spine and lift the arms to the side parallel to the floor. Exhale, suck the belly in, start twisting the torso towards your front leg, square the hips. Reach the left hand towards the floor, next to your foot (or on a block) and reach the right arm towards the sky. Keep the thighs active and the belly in. Gaze at your thumb. Inhale, lengthen the back, exhale and twist a little more, without force. Exhale, release the twist; inhale, bring the torso back up.



VIRABHADRASANA III / WARRIOR 3

From Reverse Triangle pose, shift the weight of the body in the front leg. Keep that leg straight like a lamp post. When you have a sense of balance, inhale and lift up through the crown of the head, exhale and slowly bring the torso and back leg parallel to the floor. Imagine forming a nice capital letter T. Level the hips, engage your abdominal muscles and bring your hands together at your chest. Keep pulling head and back leg in opposite directions. Tap into your will power and determination, like *Virabhadrasana*, the fierce warrior.



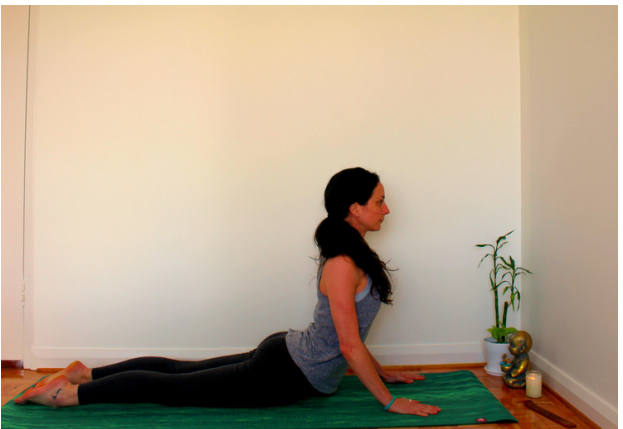
PARIPURNA NAVASANA / FULL BOAT POSE

Sit with your legs bent, sole of the feet on the mat. Find your sit bones. Inhale, lift the sternum, exhale start leaning back without rounding the spine. Inhale, engage your core, lift the legs up and keep them together. If this is challenging enough, you can keep the knees bent, otherwise extend the legs for the full expression of the pose (see pic). If you choose the latter, the feet should be higher than the head. The lower back should not be on the floor, you should be balancing on your glutes. Keep the chest open, arms parallel to the floor, press the feet away from the body. Breathe into your solar plexus and strengthen your will power. Hold the pose for 10 secs (or 5 breaths), repeat 2 or 3 times. You will slowly increase the holding time and your core power.



BHUJANGASANA / COBRA POSE

Lie on your belly, legs active, big toes together. Bend your arms and place the palms on the mat, just under your shoulders. Slightly tuck the tailbone towards the pubis. Inhale, lift the upper torso and chest off the floor using your back strength. Roll the shoulders down and hug the shoulder blades together and down the spine. Hug the elbows towards your torso. Press the top of the feet, thighs and pubic bone firmly in the floor. Inhale, press into the hands and begin to straighten the arms, keep the shoulders down, look forward and relax the buttocks. Keep lifting from the sternum without pushing the rib cage forward. Breathe steadily and hold for 20-30 secs. You should feel the back bend in the thoracic spine and not the lower back. Release on an exhale and rest for a few calm breaths. Repeat once more.



DHANURASANA / BOW POSE

On your belly, exhale and bend the knees, thighs parallel. Bring the feet as close to the buttocks as you can. Grab your ankles and keep the knees hip width distance for the duration of the pose, not wider. Inhale, lift the thighs and feet away from the buttocks. This action will pull your upper torso off the floor. Continue lifting the feet, soften the back muscles and slide the shoulder blades down along the spine, shoulders away from the ears. Gaze forward. You will naturally sway on the solar plexus with every inhale and exhale. Try to stay on your plexus. Breathe through the back. Hold for 20 secs, exhale release and repeat once or twice, resting for a few breaths in between. The torso and the legs represent the body of the bow; the arms symbolise the string. Your mind is the arrow and your soul the target.



JATHARA PARIVARTANASANA / REVOLVED ABDOMEN POSE

Lie on your back and hug your knees to your chest for a few breaths. Stretch the arms to the side, palms facing up. Exhale, bring your knees towards the left elbow. Actively stretch the right arm in the opposite direction to counterpoint the twist. Keep the right shoulder on the floor and gently look towards the right. With each exhale, twist a little further and pull the abdomen to the right, opposite your knees. You can also place your hand on your knees to deepen the twist. Draw the lower belly towards the tailbone to stabilise your core. Breathe deeply through the nose and enjoy the twist for 30-60 secs. Release the neck first then bring the knees back to center before swinging them to the right side. This pose helps awakening kundalini fire energy, the fire of consciousness.



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

