

SOLAR PLEXUS BALANCING YOGA POSES



Full Boat Pose



Firefly Pose

SOLAR PLEXUS CHAKRA Balancing Yoga Poses



Bharadvaja's Twist



Sun Salutations



Bow Pose

As we begin to unlock any energy from the solar plexus, a lovely journey of self-transformation begins. We learn that we have so much internal power to manifest and create, to inspire and motivate. In life, there will be moments that will perhaps make us a question or doubt our sense of identity. It is in these experiences that we learn more about ourselves and how many wonderful gifts and talents we can bring to the world. Manipura when balanced will empower us to shine bright and open ourselves to the possibility of living with purpose, to lead, and to allow ourselves to become inspired by all that surrounds us. Below are yoga positions and movements that will help connect you to the energy of the solar plexus chakra.

1. Full Boat Pose | Paripurna Navasana



Full Boat Pose

Navasana is a yoga pose that requires us to contact the abdominal muscles and find our balance between the sitting bone and the tail bone. It builds strength to our core and tones the abdominal muscles. This is the main part of the solar plexus chakra, meaning that when we are in boat pose we activate the energy from this chakra.

Benefits of Mountain Pose | Tadasana:

On a mental level, savasana helps us to concentrate and focus, bringing balance and stability to our body and mind.

2. Firefly Pose | Tittibhasana



Firefly Pose

This advanced arm-balance asana strengthens your arms while toning your core to activate and balance the solar plexus energy center. This is a demanding posture. Lifting your pelvis while bringing your thighs parallel to the floor requires a strong core, hip flexors, and arms. It also calls for energy and concentration.

Tips:

Start in a Standing Forward Bend, with your toes pointing slightly out and your knees slightly bent.

Take your right hand through your legs to clasp your right calf, placing your right shoulder behind your right knee.

Then place your right hand on the floor behind your heel with fingers facing forward. Repeat this process on the left side.

Tilt your chest forward and carefully lower your legs onto the backs of your upper arms. Inhale, lift your feet off the mat and straighten your legs. Your feet can be pointed or flexed.

Benefits:

This intense hip-opening posture can often stir up emotions, so be extra generous with your breath, using it as a tool to ground you by drawing out you're exhaling a count or two longer than your inhales.

3. Bharadvaja's Twist | Bharadvajasana I



Bharadvaja's Twist

This twisted, seated posture stretches and strengthens the spine and shoulders while energizing the abdominal region to open and activate the third chakra.

Tips:

Lay your feet on the floor outside your left hip, with the left ankle resting in the right arch.

Inhale and lift through the top of the sternum to lengthen the front torso.

Then exhale and twist your torso to the right, keeping the left buttock on or very close to the floor.

4. Sun Salutations | Surya Namaskar



Sun Salutations

This sequence of postures is essentially a series of prescribed motions that begins and ends with Tadasana (Mountain Pose). The poses take you through all manner of stretches, forward folds, and backbends that build heat and happen in a rhythmic cadence that's aligned with your breath. The start of an inhale initiates your transition from one pose to the next, followed by a lull in both the breath and body as you come into the pose, with the beginning of an exhale acting as a cue for your next transition. Breath, movement, and stillness fall into a rhythm. The trajectory of the sequence, like that of its namesake star, has a predictable arc and is cyclical, making it easy to become quietly absorbed in the looping repeated motions. A moving meditation

5. Bow Pose | Dhanurasana



Bow Pose

Dhanurasana is a great posture for stretching the digestive organs, allowing the energy to open and flow freely within the stomach area. It is also a good asana for increasing spine flexibility and releasing tension from the hips. Opening the chest allows us to breathe in deeper, from the stomach all the way into the lungs, also activating the heart chakra. The deeper the breath becomes, the more open the energy in these two chakras is. The restorative option is a nice way for those who want to bring a little extra support for the backbend.