

## Freeing the 3<sup>rd</sup> Chakra

These poses are designed to help give you focus for your home practice.

You can add them to your regular routine – or just do these everyday and notice the changes after a week or two!

Focus: 3<sup>rd</sup> Chakra – solar plexus

When the 3<sup>rd</sup> chakra is balanced you feel confident, happy, emotionally stable and easily able to see the good in yourself and others.

Questions to ask yourself while holding the poses below (or anytime!)

How is my practice progressing?

Am I seeing the physical, mental and emotional changes I want to?

If so – what? If not – what can I do to create the changes within myself that I want?

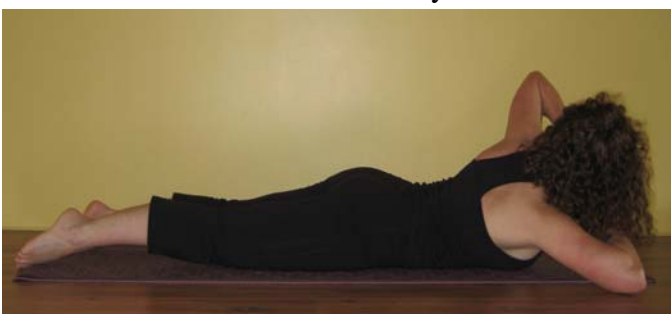
Hold each pose for a minimum of 5 deep breaths



Pull navel into spine and chest into upper back  
Lift back off shoulders  
Count how many breaths you can hold for and  
add one breath each day!



Hip release/ twist, repeat on less flexible side if needed



Keep navel to spine and rotate lifting elbows  
Keep glutes and legs relaxed!  
How many can you do?



Hold each side for the twist, aiming the bent knee to the  
And opposite shoulder blade to the floor

To be used as support with regular group or private classes

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