

FIRE ELEMENT: SOLAR PLEXUS CHAKRA YOGA SEQUENCE - YOUR PERSONAL "HOT YOGA" CLASS!

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The element of fire is linked to our solar plexus the area deep within our abdomen, also the source of our personal power.

Fire reminds us to be open to change and transformation, embrace our passion, drive, commitment, inspiration.

The sanskrit name for the solar plexus chakra is Manipura, which has been known as, lustrous gem. This chakra activates RAJAS of the Three Gunas. Engage Uddiyana Bandha: Upward Abdominal Lock
*SEE BELOW

Represented by the color of YELLOW (sometimes blue & red), envision this color surrounding you or wear yellow, eat yellow foods, bathe in the color.

MANTRAS: I AM EMPOWERED, I AM CONFIDENT, I HAVE STRENGTH, I AM DETERMINED.

Pranayama - Breath Work for Solar Plexus Chakra: Kapalabhati, Breath of Fire. ***SEE BELOW

I Am Strong Flow

Practice: Kapalabhati with care. If this is your 1st time, make sure you are versed in practicing Full Yogic Breath prior to.
*SEE BELOW

#1 5s



Chin Mudra Easy Pose

#2 5s



Namaste Pose

#3 5s



Navel Lock

#4 5s



Navel Lock

Engaging Uddiyana Bandha *SEE BELOW

#5 5s



Prayer Upward Salute Pose

#6 5s



Upward Salute Pose

#7

5s



Standing Side Bend Pose

#8

5s



Standing Side Bend Pose

#9

5s



Upward Salute Pose

#10

5s



Standing Side Bend Pose

#11

5s



Standing Side Bend Pose

#12

5s



Mountain Pose

#13

5s



Prayer Upward Salute Pose

#14

5s



Standing Forward Bend Pose

#15

5s



High Plank Pose

#16

5s



Eight Point Pose

#17

5s



Upward Facing Dog Pose

#18

5s



Downward Facing Dog Pose

#19

5s



Downward Facing Dog Split Pose

#20

5s



Warrior 1 Pose

#21

5s



Downward Facing Dog Pose

#22

5s



Downward Facing Dog Split Pose

#23 5s



Warrior 1 Pose

#24 5s



High Plank Pose

#25 5s



Low Plank Pose

#26 5s



Upward Facing Dog Pose

#27 5s



Downward Facing Dog Pose

#28 5s



Standing Split Pose

#29 5s



Downward Facing Dog Split Pose with Knee Toward Ceiling

#30 5s



High Plank Pose

#31 5s



Childs Pose

#32 5s



Extended Puppy Pose

#33 5s



Dolphin Pose

#34 5s



Scorpion Pose

#35 5s



Forearm Headstand Pose

#36 5s



Half Headstand Pose

#37 5s



Supported Headstand Pose

#38 5s



Crow Pose

#39

5s



High Plank Pose

#40

5s



Low Plank Pose

#41

5s



Upward Facing Dog Pose

#42

5s



Downward Facing Dog Pose

#43

5s



Downward Facing Dog Split Pose

#44

5s



Low lunge Pose

#45

5s



High Lunge Pose

#46

5s



Warrior 2 Pose

#47

5s



Proud Warrior

#48

5s



Bound Extended Side Angle Pose

#49

5s



Revolved Extended Side Angle Pose

#50

5s



Warrior 2 Pose

#51

5s



Extended Triangle Prep Pose

#52

5s



Extended Triangle Pose

#53

5s



Bound Extended Triangle Pose

#54

5s



Half Moon Pose

#55 5s



Revolved Half Moon Pose

#56 5s



Downward Facing Dog Split Pose

#57 5s



Downward Facing Dog Pose

#58 5s



Childs Pose

#59 5s



Table Top Pose

#60 5s



Tiger Pose

#61 5s



Tiger Pose Variation

#62 5s



Tiger Pose

#63 5s



Table Top Pose

#64 5s



High Plank Pose

#65 5s



Cobra Pose

#66 5s



Face Down Corpse 2 Pose

#67 5s



Snake Pose

#68 5s



Face Down Corpse 2 Pose

#69 5s



Feet-Hands Placement Pose

#70 5s



Cobra Pose

#71

5s



Table Top Pose

#72

5s



Downward Facing Dog Pose

#73

5s



Downward Facing Dog Split Pose

#74

5s



One-legged King Pigeon Preparation Pose

#75

5s



One-legged King Pigeon Pose

#76

5s



One-legged King Pigeon Pose with bound hands

#77

5s



One-legged King Pigeon Pose

#78

5s



One-legged Sleeping King Pigeon Pose

#79

5s



One-legged King Pigeon Preparation Pose

#80

5s



Downward Facing Dog Pose

#81

5s



Downward Facing Dog Pose

***If it's in your practice, add the Ashtanga Jump Through. Everyone, ends up in a seated position.

#82

5s



Staff Pose

#83

5s



Tall Seated Forward Bend Pose

#84

5s



Revolved Seated Forward Bend Pose

#85

5s



Revolved Seated Forward Bend Pose

#86

5s



Supine Intense Forward Fold Pose

#87

5s



Shoulder Stand Pose

#88

5s



Plow Pose

#89

5s



Wide Legged Plow Pose

#90

5s



Upward Seated Angle Pose

#91

5s



Half Wide Angle Pose

#92

5s



Half Lotus Scale Pose

#93

5s



Butterfly Pose Preparation

#94

5s



Butterfly Pose

#95

5s

Dedicated to Sage
Bharadvaja Pose

#96

5s

Dedicated to Sage
Bharadvaja Pose

#97

5s



Corpse Pose

#98

5s



Half Fish Pose

#99

5s



Fish Pose

#100

5s



Supine Hand to Toe Pose

#101

5s



Supine Twist Pose

#102

5s



Revolved Supine Hand to Toe Pose

#106

5s



Eye of the Needle - Dead Pigeon

#103

5s



Supine Twist Pose

#107

5s



Happy Baby Pose

#104

5s



Knees to Chest Pose

#108

5s



Supine Half Bound Angle Pose

#105

5s



Eye of the Needle - Dead Pigeon

#109

5s



Corpse Pose

Uddiyana Bandha

In Hatha yoga, [the bandhas](#) are ‘body locks,’ or areas of the body that are isolated and constricted in some way in order to *unlock* benefits.

There are three major individual bandhas: jalandhara bandha (the constriction of the throat), uddiyana bandha (the compression of the belly) and mula bandha (the contraction of the pelvic floor). Maha bandha is the body lock that combines all three of these major bandhas into one big contraction.

Each of these bandhas has its own unique benefits and involves targeted use of the breath, but uddiyana bandha can often be the most difficult to visualize and utilize correctly. When done properly, however, it can be one of the most powerful.
What is Uddiyana Bandha?

Uddiyana bandha involves the contraction of the abdomen up and into the rib cage, so it is important to only practice this on an empty stomach—working on this bandha after a meal can result in stomach pain and/or nausea and is not good for digestion.

Practiced on an empty stomach, however, uddiyana bandha facilitates better circulation through the abdomen’s large organs, as well as more efficient fluid exchange between these organs and their surrounding tissues.

Outside of the physiological benefits, activating your uddiyana bandha can be very energizing and refreshing, a kind of ‘reset button’ for your breathing and digestion.

Here's How to Start Engaging Your Uddiyana Bandha

1. Stand with your back against a wall and your feet a few inches away from the wall, hip-width apart. Curl your torso so that your back is curved (as it is in Cat Pose) and bend your knees so that you can rest your hands on the tops of your thighs for support. Your tailbone is still touching the wall.
2. In this position, take a deep inhale through your nose and exhale quickly and powerfully. Exhale all the way until the very end of your breath—this stretches your diaphragm to its most expanded position.
3. At the end of your exhale, pull your belly in as if you are trying to bring your navel to touch your spine. Once you have pulled in as much as you can, begin to pull up like you are trying to keep your navel as far back as possible while also pulling it up into your rib cage. It can help to visualize a string pulling your navel back toward the wall while another string then pulls your navel up toward your heart center. Some people describe this action as taking a ‘mock inhale’—performing the motion that your belly goes through when you inhale while not actually taking any air in through the nose or mouth.
4. Keep your belly like this while taking no further breaths—this is called breath retention.
5. When you can no longer hold your breath, bring your belly back down and out to its natural, relaxed position, gently and with control. Only *after* doing this should you inhale—again, do this gently and with control, trying not to gasp.

Benefits of Uddiyana Bandha Practice

After practicing your uddiyana bandha several times in this position, you can try it standing up

against the wall with your hands on your hips. You may find that it takes more concentration to practice this bandha with a straight back, and it can be even more challenging in a seated pose. Practicing this bandha first thing in the morning can be invigorating and can help prepare your abdomen for its work of digesting your food and keeping you upright. It can also help you take deeper breaths throughout the day, keeping you calm, centered and focused.

Practicing using your bandhas is also a great way to interact with your body in a mindful way, making you focus your concentration inward and connect with how your insides feel—something we don't often consciously consider.

So take a minute and say hi to your insides—they'll thank you for it and you'll have a happy belly all day long.

From <<https://www.doyouyoga.com/how-to-truly-activate-your-uddiyana-bandha-18346/>>

Kapalabhati Pranayama - Breath of Fire!

Kapalabhati is a more advanced pranayama and therefore requires some familiarity with abdominal breathing.

How to Practice

Kapalabhati (as with most *pranayamas*) should be practiced on an empty stomach, so allow at least three to four hours after a meal before engaging this pranayama. Choose a comfortable sitting position. If you are able, it is best to sit cross-legged on the floor with a cushion or blanket to comfortably elevate the hips. Alternatively, you may choose to sit toward the front of a chair, with your feet flat on the floor. Allow the spine to lengthen so that the back, neck, and head are erect.

Gently close the eyes and breathe through the nose (you will be breathing through the nostrils throughout this practice). Begin by taking a couple of [Full Yogic Breaths](#), grounding the mind and gently awakening the [prana maya kosha](#) (the energetic body). When you are ready to start practicing *kapalabhati*, expel the breath forcefully through the nostrils (without strain or tension) and simultaneously pull the navel dynamically inward toward the spine, gently contracting the abdominal muscles. As you release the abdomen, let the inhalation occur passively; the lungs will fill without any effort. Immediately initiate another forceful exhalation, drawing the navel inward again, and then let the inhalation follow passively. This process is repeated in rapid succession—one exhalation per second, or faster. Start with twenty repetitions. On the final exhalation, completely empty your lungs and then allow your breath to return to normal.

With practice, the abdominal muscles will grow stronger and you may slowly build up to fifty to one hundred repetitions at a time. If you like, you can further expand your practice to include two or three rounds of fifty to one hundred breaths each. For example, you could start with one hundred breaths, pause for a minute or two to rest and observe, and then do another one hundred repetitions.

When you are ready to close your practice, take a moment to witness how you are feeling. Allow your attention to settle on the frontal region of the brain and the space between the eyebrows. Notice your thoughts and your state of mind. Take note of how you feel physically. What sensations do you notice as a result of this practice, and where in your body do you feel them? When you feel complete, gently open your eyes, continuing to direct some of your awareness within as you slowly stand and offer your full attention to the rest of your day.

For those of you familiar with *bhastrika pranayama*, *kapalabhati* can feel very similar, but there are important distinctions. *Bhastrika* requires the use of force both on the inhalation and the exhalation. *Kapalabhati*, on the other hand, is forceful only on the exhalation; the inhalation happens naturally and completely without effort. Therefore, *kapalabhati* reverses the normal flow of breath so that the exhalation is active and the inhalation is passive.

From <<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/yoga/kapalabhati-pranayama/>>

Full Yogic Breath

Full Yogic Breath is a deeply balancing [pranayama](#) (breathing exercise) that benefits vata, pitta, and kapha. It is sometimes known as three-part breath because it works with three different sections of the torso and naturally engages all three lobes of the lungs. Full Yogic Breath revitalizes the entire body with [prana](#) (essential life force). In particular, it benefits the vital organs, which can easily become stagnant, constricted, or fraught with emotional and physical tension when we experience stress. Full Yogic Breath relieves stress, refreshes the mind, and activates the parasympathetic nervous system, encouraging a calmer, more balanced state of being overall. It also helps to correct unhealthy breathing patterns. This pranayama can be engaged at any time, but it is especially beneficial when practiced intently for five to fifteen minutes every day—preferably on an empty stomach. The early morning is an ideal time to practice Full Yogic Breath.

Overview of the Practice

Full Yogic Breath begins with a deep and fluid inhalation that fills three sections of the torso independently, but continuously. First, we breathe into the lower abdomen. Then, we breathe into the mid-section of the torso, expanding the diaphragm and the ribs as the inhalation continues. And finally, we draw the breath into the upper chest and shoulders as the inhalation comes to a close. This slow and purposeful inhalation is then followed by a long, slow, gentle exhale, expelling the breath from these same three sections of the torso in reverse order, releasing the upper chest, then the diaphragm and ribs, and finally the lower abdomen. One round of Full Yogic Breath includes one complete inhalation and one complete exhalation. Both the inhalation and the exhalation should feel fluid and continuous; at no point should either one cause any strain whatsoever. Keep in mind that it may take some time to develop a relaxed relationship with this type of breath work, especially if it is new to you; it is no accident that pranayama is referred to as a practice. What's important is the intention to develop our capacity for moving the breath intentionally, fluidly, and yet without tension or struggle.

Instructions for Practice

Choose a comfortable seated or lying position. If sitting, make sure that your pelvic bones are rooted into the surface beneath you, and that your spine is erect. If you prefer to lie down, lie on your back and relax your entire body, as in [savasana](#).

Gently close your eyes and take a few moments to settle in. Close your mouth and breathe only through your nostrils. Quiet your mind, and attune to your body. Begin by simply observing the natural flow your breath. Let go of any thoughts and allow yourself to arrive completely in the present moment.

When you are ready, inhale slowly and with purpose, drawing your breath deep into the lower abdomen, starting from the pelvic floor and slowly allowing the breath to fill upward (toward the navel) and outward (away from the spine). Initially, focus only on filling the lower abdomen. As the breath fills this area, allow it to expand outward in all directions—to the front

(expanding the lower belly), to the sides (expanding the hips), and to the back (expanding the lumbar spine and the sacrum)—as it moves upward toward the navel.

Once the lower abdomen has filled completely, continue the inhalation by filling the mid-torso in a similar manner. Continue to draw the breath upwards, from the navel to the ribs, allowing the breath to gently expand the diaphragm, the ribs, and the mid-back as the breath continues to rise.

Once the mid-torso feels full, complete the inhalation by drawing the breath into the upper chest—allowing prana to rise up into the heart, the sternum, and finally into the shoulders and the base of the neck. Feel the collarbones lift slightly.

This completes the inhalation. For many, there is a brief, but natural pause at the top of the inhalation. If this occurs, just allow it to be there for a moment before surrendering to a long, slow exhalation. First, release the breath from the upper chest as the heart, lungs, sternum and shoulders all relax—dropping down and drawing in, toward the spine. Then, expel the breath from the mid-torso, feeling the ribs contract and the navel draw in, closer to the spine. And lastly, release the breath from the lower abdomen, feeling the belly contract and draw inward toward the spine.

This completes one round of Full Yogic Breath. If your exhalation is followed by a natural pause, take a moment before beginning the next round. Then, draw a fresh inhalation into the lower abdomen.

After several rounds of Full Yogic Breath (up to fifteen minutes), allow your breathing to return to normal for a minute or two before gently opening your eyes and bringing your practice to a close. Then, before you move on to your next activity, pause briefly to notice how you feel. Are you more refreshed, awake, and relaxed? How did your practice affect or benefit you today? As you become more comfortable with the practice of Full Yogic Breath, you can integrate this style of breathing more and more throughout your day-to-day activities.

From <<https://www.banyanbotanicals.com/info/ayurvedic-living/living-ayurveda/yoga/full-yogic-breath/>>