Yoga Sequence to Unblock the Solar Plexus Chakra

Chair Pose – *Utkatasana*

Start by standing tall and grounding your feet firmly into the ground.

Next, bend your knees and lift your arms up into the air so that your upper arms are in line with your ears.

Lean forward slightly as you continue to breathe deeply and draw energy up through your core and into your solar plexus chakra.

Hold this pose for several breaths. You should start feeling the tightness or tension in your lower body releasing.

Your feet and knees should be aligned. Do not have your feet touching and your knees hip-width-distance or vice versa.

Chair pose is a great way to activate and open up the solar plexus chakra and get in touch with your inner strength, power, and confidence.

Focus on this energy centre while doing the pose, so you can revitalize both your body and mind and have more control over your life.

Plank Pose – *Kumbhakasana*

Plank Pose brings your body into a solid, straight line from head to toe.

This helps activate and balance the solar plexus chakra and creates a fire in your abdominals.

Start by standing at the top of your mat with your feet together and your hands at your sides.

Inhale as you bring your palms together in front of your chest, then exhale as you step back into a high plank position.

Keep your arms straight and your heels pressing back.

Your body should form a straight line from your head to your heels, with your shoulders stacked above your wrists and hips at the same level as your shoulders.

Focus on keeping your core engaged while you hold this pose for several breaths.

With regular practice of Plank Pose, you can build strength and confidence in both body and mind, helping activate your solar plexus chakra and harness its energy for self-assurance and inner power.

Downward Facing Dog – *Adho Mukha Svanasana*

Begin in a tabletop position on your hands and knees.

Then, inhale as you press into your hands and feet to lift your hips up towards the ceiling and send your thighs back.

You can keep your knees bent if needed or straighten them for a deeper stretch.

Hold the pose for several breaths, breathing deeply and focusing on the energy of the solar plexus chakra.

Practicing Downward Dog regularly can help open and balance your solar plexus chakra, giving you a sense of inner strength and confidence.

It can also improve digestion, increase energy levels, and help with anxiety or depression.

Revolved Crescent Lunge – *Parivrtta Ashta Chandrasana*

Revolved Crescent Lunge is a powerful yoga pose that opens the solar plexus chakra.

Practicing this pose helps to strengthen this vital energy centre, making you to more confident, grounded, and secure in yourself.

From **Downward Dog**, take your left foot forward. Bend your left knee to create a 90-degree angle and raise your arms to the sky in a lunge.

After you've found your footing, take your hands together in prayer position in front of your heart.

Take a deep breath in, and twist to the left, taking your outer right arm to the outside of your left thigh.

Keep your back leg straight and your back heel active.

Hold the pose for a few breaths, then inhale and return to standing as you straighten both legs.

Come into **Tadosana** then into a **forward fold.** Plant the hands step back into **Plank Pose** then return to **Downdog**

Repeat on the other side, starting with the right foot forward.

Warrior I – *Virabhadrasana I*

When practicing Warrior I, you focus on activating the solar plexus chakra by breathing deeply and engaging your core muscles to create stability and strength.

This yoga pose also opens your hips, stretches your legs and ankles, strengthens your knees, and improves posture.

From **Downdog**, Inhale the right leg up and then step through coming into **Warrior I**.

Bring your hands on the hips, align your hips with the front edge of the mat, by rolling your outer right hip back a bit and the outer left hip forward. Keep your upper body facing the front edge of the mat and your shoulders level.

Bend your right knee, the right thigh towards parallel to the floor. Keep the weight in the front heel and big toe.

Press the back foot down and lift from the inner arch. Keep the back leg engaged

Draw your lower abdomen gently in and up, lengthen your spine and soften the base of your neck.

Lift your arms over your head, opening the chest.

Hold this pose for several deep breaths while focusing on activating the solar plexus chakra. Come to **Tadonsana**, do a **forward fold**, come into **Plank** pose and push back to **Downward Dog**

Repeat with the Left Foot (but remain in Warrior I for the next pose)

With regular practice of this pose, you can build confidence and self-esteem while opening up new possibilities for yourself through increased vitality and personal power.

Revolved Triangle Pose – *Parivrtta Trikonasana*

Revolved Triangle Pose is another great yoga posture that activates the solar plexus chakra.

It opens the chest to improve breathing, strengthens your legs, and can also relieve mild back pain.

To practice revolved triangle pose from **Warrior I**, straighten your front leg and turn your back toes at a 45-degree angle.

Take a deep inhale and reach toward your front toes with the opposite arm, creating a twisted triangle shape. Extend your other arm up to the sky. Come Back to **Warrior I** into **Tadonsana** then **Downward dog** then **Warrior I** on the other side

Practicing this pose regularly will definitely help you open your solar plexus and promote feelings of confidence and self-assurance.

Boat Pose – *Paripurna Navasana*

This powerful pose strengthens and tones the abdominal muscles, providing support for your core and improving posture.

It also improves digestion and may help relieve stress and anxiety.

Start in a seated position with your legs extended in front of you, and feet flexed.

Engage your core, bringing your arms either straight out in front of you or along the sides of your body with palms facing down.

Inhale as you slowly lift your legs from your hips, keeping a slight bend in the knees if needed.

Straighten the legs if it’s accessible.

Hold for several deep breaths and then slowly lower your legs and torso back to the ground.

Repeat as many times as you’d like, breathing slowly and deeply throughout.

Slowly reach back and grab the outer edges of your feet.

Then, pull them gently toward your body while lifting your upper body off the ground at the same time.

Keep breathing deeply as you hold this pose for a few seconds, refocusing on the energy of the solar plexus chakra.

Seated Twist – *Ardha Matsyendrasana*

Sit comfortably on the ground with your legs outstretched in front of you with your legs extended, bend your right knee and bring your right foot to the outside of your left thigh.

Next, draw your left heel back toward your right hip. You can use a strap or your hands to help support yourself if needed.

Once you are in the correct position, slowly twist your torso to the right, making sure you keep your spine lengthened.

Hug your right knee with your left arm.

Your gaze should be directed over your right shoulder, your focus should be on the energy created in your abdomen.

Hold this position for 30 seconds or longer, then switch legs and repeat the pose on the other side.

Feel free to take Savasana for as long as you want, when your ready to come out of it, wriggle the toe and fingers, bring the feet back together point the toes, inhale the arms overhead and take stretch, bend the knees hugging them into the chest and roll over onto your side using the arm as a pillow. Gentle come to sit in a comfortable position, bring the hands to heart centre and take a few breathes trying to retain a feeling of peacefulness. Then blink the eyes open

Namaste