

Manipura and Anahata Breath

This breathing technique centres your focus on both your Manipura and Anahata Chakras. When facing emotional challenges it is important to stay connected to these two energetic centres and to work to keep them balanced. The Manipura chakra governs our self esteem, courage and confidence when balanced we can stand tall and face the challenges. Anahata Chakra is the heart centre from where we can openly give and receive love, feel compassion and forgiveness.



emotions

- Repeat this 5-10 times

- Begin in a comfortable seated position. Place one hand on your navel centre and one hand on your heart centre.
- Close your eyes and tune into your breath -slow rhythmic breathing
- Feel the rise of your inhale first in your belly and then in your heart
- Release your exhale slowly, visualising it realising any pent up

Cleansing Twist

This simple twist starts to stimulate Manipura chakra, igniting the fire in the belly and cleansing it. It is a great way to cleanse the body from negative emotions such as pain and betrayal.



belly and the sensation of wringing out and cleansing this area.

- Return to centre and repeat on the other side.

- From seated, place your right hand on your left knee and your spare hand on the mat behind you.
- Sit tall and keep your hips square to the front of your mat.
- Take a full, deep inhale and on your exhale start to twist to your left from your rib cage up. Gently look in the direction of the twist.
- Hold this pose for 3-5 breaths. Focusing your attention on your

Personal Power – Core Ignition

It's time for a little core strengthening . . . any emotional challenges can affect your sense of personal power. To face these challenges head on we need to get the fire the belly and the energy of Manipura chakra going.



- ✚ From seated, inhale and arch forward as you reach your arms over head
- ✚ Pictures 2-4 are all done on the exhale. As you exhale, make fists, draw these into the waist as you lean back really squeeze your low belly in and up as you lift your legs up of the mat.
- ✚ Repeat this 10 times
- ✚ Focus on a really strong, audible breath, pushing out the exhales and really engaging the abdominal muscles to stoke the fire in the belly.

Feel the Glow



- ✚ Following the core work, lie down and hug your knees into your chest.
- ✚ Close your eyes and visualise the warm glow of the fire in your belly.
- ✚ Feel this gentle warmth radiate up to your heart filling it with the glow of your inner spark.
- ✚ Stay here for 5 breaths.

Embracing Your Heart

Reconnected now with your inner strength and courage the focus shifts to Anahata chakra - the heart centre. Moving into a gentle heart opening back bend, embracing the sense of loving acceptance and the importance of making time to nourish and fuel your heart.



- ✚ You can do this pose with or without the support of a prop under the hips.
- ✚ Start by lying on your back. Place your feet hip distance apart and close up towards to buttocks.
- ✚ Tuck your tailbone under so that your lower back is flat to the mat.
- ✚ On your next inhale lift the hips, and rib cage up off the mat so that you are resting on your shoulder blades.

- ✚ Your hands can stay by your side, or you can interlace them underneath you to lift the heart a little higher.
- ✚ Stay here unsupported for 5 deep, slow breaths. Visualise the warm glow from your heart radiating out in all directions.
- ✚ If you wish to stay longer, try the supported version by placing a block under you hips.

To Finish



- ✚ Return to the first pose, seated with one hand on the heart and one hand on the belly.
- ✚ Tune into your breath and allow yourself to bathe in the silent stillness. Listen for any wisdom that may arise from either your navel or heart centre. Sit with these inner truths and let them inform you.