



Chakra Three: Manipura

2016

The third chakra also known as the 'lustrous gem' encompasses our ability to cultivate self-esteem. This chakra seeks and supports transformation as we gain clarity regarding our individual needs, power, and perspective. The image of heated flames represents our internal digestive fires, which supports our physical health by transforming food into usable energy.

Centering: Laying on the floor (feel supported by the earth, feel the flow of the breath), connect to the movement of the diaphragm.

Breath Practice: Diaphragmatic breath

- **Knee to chest** (*Apanasana*): move in/out, side, across... up
- **Leg Lowers:** knees bent feet off the floor, extend/lower 1 leg 6x's
- **Starfish:** legs together, hip width, wide - (I) open (E) close
- **Belly bolster:** lay on stomach with blanket roll under belly
- **"V" Abdominal flow:** tilt R, lower L, lift R, lift L, open "V" tilt L etc.
- **Belly Fat burner:** walk feet 5" to L lift head look at feet turn head R
 - put R ear down: (I) into belly, (E) hold out for 4 count or more
 - then Left ear to ground
- **Hammock sit ups:** grab end of mat, let head rest on mat, lift hold
- **Skull shining breath** (*Kapalabhati*) sitting
- **Seated 6 Directions:** with blocks by sides
- **Staff pose** (*Dandasana*): add "HA Breath and leg lift
- **Inclined plane** (*Purvottanasana*) holding, then rapid movement
- **Boat Pose** (*Navasana*)
- **Table 6 Directions:** Cat/Cow
 - Table Balance: then side bend
 - Twist: leg out to side
- **Gate pose** (*Parighasana*) (arch over straight leg)
 - Half circle pose (arch over bent leg)
- **Child's - Belly - Sphinx:** Belly lift (Plank on elbows)
- **Downward dog to Plank or Upward dog**
- **Mountain:** "Getting rid of stale air"
- **Qi Gong flowing warm up:** up/down, expand/contract, sides, twist
 - **Vibrate, Shake or Blither**
- **Chakra 3 Sun Salute**
 - Twist, Forward fold – Chair (twist R, L), Forward fold, Lunge, Table, Grasshopper push-ups, No hand Cobra, Table, Down Dog, Warrior 1, Warrior 3, Pyramid, Down Dog, Forward Fold, Mountain.
- **Triangle** (*Trikonasana*),
- **Extended Side Angle** (*Parsvakonasana*)
- **Laying Twist**

Savasana: visualize fire: through the incredible heat, gemstones are unearthed.

Mantras:

- "I have the right to act,"

- "I have the right to feel positive about my true self",
- "I release and let go of shame,"
- "I am true to myself".

Color: yellow-gold

Element: fire

Seed Sound: "Ram (*pronounced - ruuum*)"

Vowel Sound: aaaahh (*as in father*)

Off the mat: Once a month for six months, choose one adventure you've always yearned to have from afar (*remembering that adventure can be subtle as well as grand*). Take active steps towards this experience, and notice how it feels to assert your will. How does stepping into your power in one area of your life evoke transformation in others.

Basic issues: will power, right and responsibility to inner power, to act with abundant energy

Emotional issues: resolving and letting go of the shame of expressing and enjoying your own uniqueness and strength.

Physical issues: stomach issues, eating disorders, feeling fearful (butterflies), chronic fatigue

Other practices: Power walking, laughing yoga, anything that gets energy moving,

Pranayama:

- **Breath of Fire** (*Kapalabhati*)
- **Bastrika**

Foods:

- Spices: ginger, mints (peppermint, spearmint etc), chamomile, turmeric, cumin, fennel
- Granola and grains
- Dairy: milk, cheeses, yogurt
- **Tea today:** Chamomile with Ginger lemon and honey

Summer 2016 - Cynthia Maltenfort E-RYT sunmooncynthia@gmail.com