



# Theming for the 3rd Chakra

## Solar Plexus | Maṇipūra

Themed possibilities and suggestions for the Solar Plexus Chakra (these ideas are just starters; there are many more)	
<b>Poses</b>	Boat, sunflowers* (a minute or more each direction), bow, gate, sun salutation, poses that involve abdominal work (e.g. boat or plank).
<b>Music</b>	<i>Born this Way</i> (Lady Gaga), <i>The Way I Am</i> (Ingrid Michaelson), <i>Right Here, Right Now</i> (Jesus Jones), <i>Closer to Fine</i> (Indigo Girls), <i>Fireball</i> (Pitbull).
<b>Essential Oils</b> (use only with consent of all affected)	Rosemary, peppermint, citronella, lemon, sage, fennel, vetiver, melissa.
<b>Mudra</b>	Surya, Rudra, Garuda, Chakra, Avahana.
<b>Pranayama (Breath)</b>	Lion's Breath (simhasana pranayama), Breath of Fire (kapalabhati pranayama), Three Part Breathing (Dirga Pranayama).
Note: To find instructions on how to do a particular mudra (hand gesture) or pranayama practice, please do a simple internet search.	



ROOT TO RISE  
YOGA TEACHING METHOD