











Reference Sequence: Solar Plexus, melt the fear

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- 30 mins • Bolster, Yoga-Mat, Blanket, Strap, Cushion, Block,
- open.spotify.com/playlist/37i9dQZF1DX5Tgh3tlyc3X

This sequence is designed to help to free the solar plexus and in doing so, release anxiety and fear. Long slow breaths are required to be the same length, in as out .Breathe all the way down to the ribcage. Keep moving focus on alignment and work from the floor up

<p>5B Inhale-1m Exhale</p> <p>Pawanmuktasana Nose To Knee</p>	<p>5B Inhale-1m Exhale</p> <p>Uttana Padasana Variation Hands On Floor</p>	<p>5B Inhale-1m Exhale</p> <p>Bharmanasana Forearms</p>	<p>5B Inhale-1m Exhale</p> <p>Dandayamana Bharmanasana Knee To Nose</p>	<p>5B Inhale-1m Exhale</p> <p>Vyaghrasana</p>	
<p>5B Inhale-1m Exhale</p> <p>Bitilasana Marjaryasana Variation Wide Legged</p>	<p>5B Inhale-1m Exhale</p> <p>Adho Mukha Svanasana</p>	<p>5B Inhale-1m Exhale</p> <p>Uttanasana</p>	<p>5B Inhale-1m Exhale</p> <p>Urdhva Uttanasana</p>	<p>5B Inhale-1m Exhale</p> <p>Uttanasana</p>	<p>5B Inhale-1m Exhale</p> <p>Tadasana Arms 45 Degrees</p>
<p>5B Inhale-1m Exhale</p> <p>Vinyasa Utkatasana Adho Mukha Svanasana</p>	<p>1B Inhale-1m Exhale</p> <p>Parivrtta Utkatasana</p>	<p>5B Inhale-1m Exhale</p> <p>Vinyasa Utkatasana Adho Mukha Svanasana</p>	<p>5B Inhale-1m Exhale</p> <p>Parivrtta Utkatasana</p>	<p>5B Inhale-1m Exhale</p> <p>Uttanasana</p>	<p>5B Inhale-1m Exhale</p> <p>Malasana Hands Forward</p>

<p>5B Inhale-1m Exhale</p>  <p>Parivrtta Malasana</p>	<p>5B Inhale-1m Exhale</p>  <p>Malasana Hands Forward</p>	<p>5B Inhale-1m Exhale</p>  <p>Parivrtta Malasana</p>	<p>5B Inhale-1m Exhale</p>  <p>Ustrasana Blocks</p>	<p>5B Inhale-1m Exhale</p>  <p>Sahaja Navasana</p>	<p>5B Inhale-1m Exhale</p>  <p>Ardha Navasana Arms Forward</p>
<p>5B Inhale-1m Exhale</p>  <p>Setubandha Sarvangasana</p>		<p>5B Inhale-1m Exhale</p>  <p>Parsva Sukhasana Variation Hand On Knee Vinyasa</p>			



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