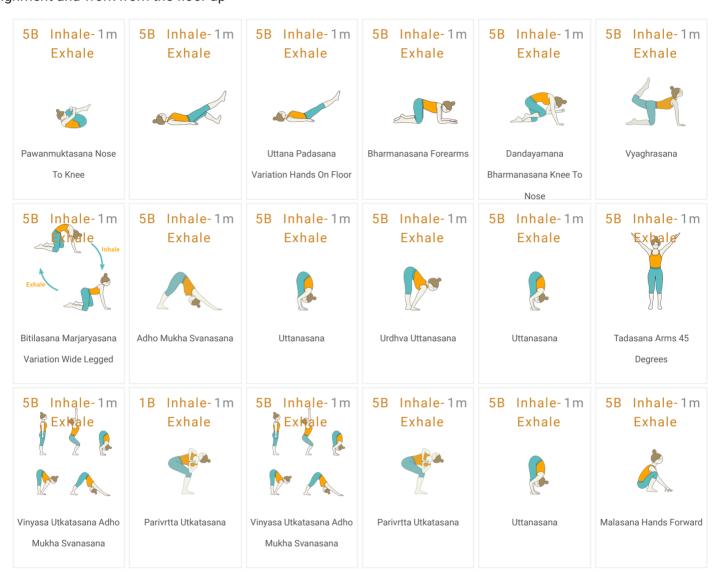
Reference Sequence: Solar Plexus, melt the fear



- 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



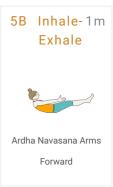
















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