

Solar Plexus

Manipura



Self-esteem, Confidence, Inner power

- **Location:** Upper Abdomen
- **Color:** Yellow
- **Element:** Fire
- **Seed Sound:** RAM
- **Gland:** Pancreas



Crescent Pose
Anjaneyasana



Bow Pose
Dhanurasana

Affirmations:
I am powerful
I am courageous
I am enough



Plank Pose
Kumbhakasana / Phalakasana



Revolved Triangle Pose
Parivrtta Trikonasana



Downward-Facing Dog Pose
Adho Mukha Svanasana