

# SOLAR PLEXUS CHAKRA YOGA

*poses*

Revolved Triangle  
PARIVRITA TRIKONASANA



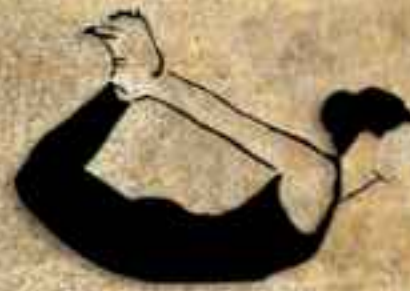
Downward-Facing  
Dog  
ADHO MUKHA SVANASANA



Crescent Pose  
ANJANEYASANA



Bow Pose  
DHANURASANA



Plank Pose  
KUMBHAKASANA / PHALAKASANA

