



SELF-CONSCIOUS/ SELF-WORTH (INSECURE)

Solar Plexus Chakra

LISTEN HERE

Meditation

- Find a seated position
- 10 deep grounding breaths
- Bring awareness to Solar Plexus area
- Visualize Yellow Sphere
- Sit in the warmth of the light & bring to it the feeling of being insecure



Yoga Poses

- Cobra/Bow
- Twists (Chair or Half Spinal Twists)
- Warrior III
- Child Pose
- Revolved Triangle
- Forward Fold



WATCH HERE

Essential Oils (Young Living Blends)

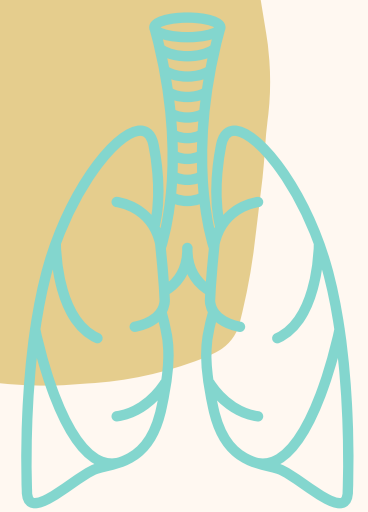
Acceptance
Highest Potential



HOW TO USE

Breathwork

HA Kriya
Kapalabhati



Affirmations

- I learn from all life's experiences
- I am empowered to ...
- I am confident being my true self
- I accept all that I am

