

This week we are looking at stand our orange YogaBear. Stan is found just below our belly button (sacral chakra) Try out the poses below that will help you to connect to your special sacral chakra, remember to hold each pose for 5-7 breaths.

SEATED FORWARD BEND

Sit with your legs straight in front of you and point your toes up towards the sky. Breathe in and lengthen the spine and tuck the in belly. Breathe out and walk the fingertips towards the feet and slowly bend from the hip joint, not the waist. The lower belly should touch the thighs first, then ribs and head last. Breathe in, lift and lengthen the torso. Breathe out bring the chest closer to your legs. Work towards holding your heels.



WIDE LEGGED FORWARD FOLD

Sit straight, open your legs to an 90° angle with the pelvis. Rotate the thighs slightly outwardly and flex the feet. Place the palms on the floor in front of you, breathe in and lift the upper tummy. Stay here for a few breaths if you're already feeling a good stretch in the legs.



Suck the belly in, breathe out and fold forward from the hips, keeping the spine straight. Breathe in long and deep for 1min. Breathe out push back up gently and close your legs slowly. Sit cross-legged for a few breaths before continuing.

BUTTERFLY POSE

From a seated position, bring the soles of your feet together and then slide them away from you. Breathe in, sit tall with a straight spine and breathe out and begin to lift your knees up and down just like a butterflies wings. Lightly rest your hands on your knees. You can also make this move into a butterfly twist by placing opposite hand to knee and looking over the shoulder which keeps the spine healthy.

