

Here are some of Stans favourite poses that will connect with your sacral chakra. Have a go of each pose and hold them for between 5-7 breaths

Sit nice and tall, bring your feet to your seat,  
And with your knees out wide,  
Breathe in, stretch up, bow down... I am Butterfly.



Stretch your legs out long and tuck in your toes,  
Reach your arms up as tall as a tower,  
And as you breathe in, lean forward and say...  
**'I am Lotus Flower'**



Lie on your back, lift your legs, bend your knees,  
Place your hands on the soles of your feet,  
And laugh as your world fills with wonder... I am Panda



Stand tall, feet apart,  
with your hands on your hips,  
Lean forward and reach for your elbows,  
And as from side to side you roll...I am Ragdoll