

Week 3 Beautiful Belly Challenge

Warm up



Lay on your belly. Put your palms under your shoulders and push your chest out and up in to cobra pose. Lower yourself down. tuck your toes and pushing on your palms lift your hips up into downward facing dog. Lengthen your spine and legs. Inhale and lower your hips and raise your head up to upward facing dog. Exhale as you push your hips up and lower your head down. Continue moving up and down with your breath.



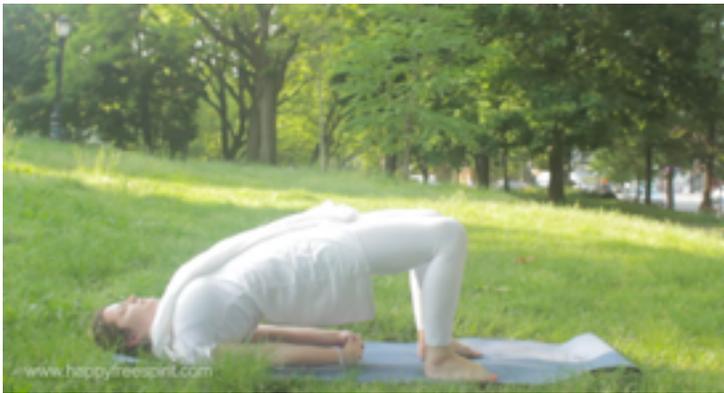
Navel Adjustment Kriya



1. **Stretch Pose.** Lying on the back, place the heels together, point toes forward, and lift the heels six inches off the ground. Raise the head to the same height, eyes focused on the toes. Point the finger-tips towards the toes. Begin Breath of Fire for **1 minute**. Inhale, hold, exhale, and relax. It is possible to build the time up to **3 minutes**



2. **Bow Pose.** Roll onto the stomach. Reach back and grab the ankles. Pull up so the navel and sex organs are on the ground with the neck arched back. Begin Breath of Fire for up to 3 minutes. Then inhale, hold a few seconds, exhale, and squeeze your pelvic muscles. Slowly relax down onto the stomach.



3a. **Wheel Pose modification.** Lying on your back. Bend your knees and bring your heel to your buttocks. arch up your navel and hips and interlace your hands under your back. Do Breath of Fire for **30 minutes to 1 minute**



3b. **Wheel Pose.** On the back, put the palms on the floor above the shoulders. Move the feet flat on the ground by the buttocks. Carefully arch up so the navel is the highest point of the body. Take a few long deep breaths to center the attention so you do not become dizzy, and then do Breath of Fire for **30 seconds to 1 minute.** Inhale, hold a few seconds, exhale, and slowly come down



4. **Fish Pose.** Cross the legs in lotus (or just simple cross legged position) and grab your big toes. Put the head on the ground while lying on your back. Arch the neck, back, chest, and the navel up. Do Breath of Fire for **2 to 3 minutes**, then inhale, hold, exhale and relax

Relax completely on your back