

2nd Chakra: Control

The second chakra, or energy center in the body relates to our interactions with others, abilities to join in groups and partnerships, and how we address choices in life. Located in the lower abdomen and navel area, second chakra affects the sexual organs, large intestine, lower vertebrae, hips, and bladder. Illnesses relating to this chakra include prostate cancer, chronic low back pain, fibroids, and constipation are some physical concerns that often occur for those that are fearful of loss of control. Powerful second chakra energy is apparent in those with high social survival skills, and those with confidence in their own self-sufficiency. Financial and physical independence and resiliency are qualities of second chakra energy; it enables us to take risks and redirect and reestablish our lives.

Asanas



Supta
Padangusthasana
Reclining Big Toe



Uttanasana
Standing
Forward Bend



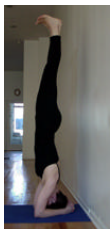
Parsarita
Padottanasana
Expanded Leg
Intense Stretch



Ardha
Chandrasana
Half Moon Pose



Parsvakonasana
Side Angle Stretch



Sirsasana
Headstand



Ustrasana
Camel



Baddhakonasana
Bound Angle



Upavista Konasana
Seated Wide Angle



Paschimottasana
Intense West Stretch



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Application. In your practice of hatha yoga to enervate the second chakra, first make a choice to engage fully in the practice. It is your attitude as much as alignment and action that are important to the practice. Do variations of the practice. As you progress, benefits such as greater strength in decision making, awareness and confidence will emerge as you energize the second chakra. As you can see from this practice sheet, asanas that strengthen the 2nd chakra energy are especially those that open the hips and lengthen the inner groins.