

Stay Strong in You

Class Notes – Week 3

Build Internal Power, Courage, Confidence

Nabhi – Navel Point

“Enlightenment starts here.”

“All Yoga starts at the navel point.”

A strong navel point is key to awakening to the truth of who we are.

Center of the Spiritual Warrior.

Helps us initiate and complete actions we set for ourselves.

Helps to bring to light subconscious patterns.

The seat of deep personal power, confidence, grit, willpower, determination, illumination, strong digestion, clarity, radiance...

Our practice included:

-**Nabhi Kriya** – A classic for the Navel point

-**Sat Kriya** – One of the three treasures in Kundalini Yoga

With Mantra - Sat Nam <https://www.youtube.com/watch?v=yADRRvarFDo>

-**Breath Cleansing Pranayam**

