**Yogic Chakras Through The Seven Valleys Program**

**Week Two - 3# Solar Plexus Chakra Questions Creations**

**\*Create questions to pose to yourself for your morning and evening 20-minute reflections practices for the week on the Solar Plexus Chakra Themes**

|  |  |  |  |
| --- | --- | --- | --- |
| Solar Plexus | Self-Love | Personal Power | Will/Effort |
| 1. |  |  |  |
| 2. |  |  |  |
| 3. |  |  |  |