

7 Yoga Poses to
**POWER UP
YOUR
MANIFESTING**



Welcome!

Welcome to “Manifesting on the Mat”!

Yoga is an incredibly powerful partner on your manifesting journey. Think of it this way - simply having a Yoga practice helps you raise your vibration.

Add to that different poses effect your vibration in different ways. If you learn which ones to what, you can cultivate a practice that helps you release limiting beliefs, step into courage, deepen gratitude, and so much more!

This quickie will get you started with a few of my fave poses. I included a BONUS with restorative yoga poses. Restorative is a *perfect* complement to manifesting because it's about allowing.

Stick with me for even MORE.

*Peace & Miracles,
Laura*

PS: I made the 2 pages with the Yoga poses printer-friendly so you can have them next to your mat for a resource.



Come Follow!

CONTENT



YouTube: @LauraErdmanLuntz



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MANIFESTING ON THE MAT™

taking yoga to the mat is powerful



MANIFESTING POWER

We are more than just our minds. We are our body, spirit and energy. All of these layers are interwoven into a beautiful tapestry that makes us who we are. A complete Yoga practice helps us evolve on all of those levels.

Asanas (poses) work on our bodies, Pranayama (breath) works on our energy and Meditation works on our minds. When we tap into all, we transform our vibration & frequency so much faster!

TANGIBLE TOOLS

You can further refine your practice by tapping into specific poses & breath work for the energy you want to create.

STANDING POSES help us feel like we can stand on our own two feet, creating a feeling of strength, especially the Warrior series.

BACKBENDS help us deepen courage and give us “I’ve got this” energy.

FORWARD FOLDS deepen our gratitude.

TWISTS release what we are holding onto that we no longer need

EXHALES help us release & inhales help us build..



GET UNSTUCK

When we take our manifesting practice to our Yoga mat, our Yoga can help us get unstuck and more forward with our lives. You can cultivate your own practice tapping into what I shared in the previous section or check out my YouTube channel for a few practices with specific goals.

Here is the Manifesting on the Mat playlist:

<https://tinyurl.com/YTPlaylistMOM>

Or you can
just scan here:



5 Steps (+1) for Living Your Extraordinary Life

5 Steps (+1) for Living Your Extraordinary Life is my signature manifesting program. I reference the steps in the list of Yoga poses so you can tap into what you might need.

+1

RADICAL SELF-CARE

Why radical? Because you need to be strategic and proactive, which means doing it whether or not *you think you need it*. And that is radical in our culture! It will get your vibration up and give you the fuel to do hard things. This step is so important it's a stand alone!

1

KNOW WHAT YOU WANT - YOUR VISION

Make sure your focus is on what you *want* to create, not what you are trying to get away from.

2

BELIEVE IT IS POSSIBLE FOR YOU

Just so you know, if there is something you really want that you haven't created for yourself yet, there is definitely a belief inside that beautiful brain of yours that says you don't deserve it or you aren't good enough for it or you don't have the skills for it.

3

RIGHT ACTION

Ya gotta do something. No, you can't sit on the couch and expect it to knock on your door (although, I've got a story for you I can share!). If you want to run a marathon, you have to buy shoes and start walking.

4

HAVE FAITH

This one has a few facets: Letting go of expectations, letting things happen, being able to say yes when things knock on your door (receiving).

5

GRATITUDE

You absolutely need to feel grateful for the life you are already living AND feel grateful for your dream as if it is already here because you *know* it's coming!

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Manifesting on the Mat™

ACTIVE/YANG ENERGY: Vision + Belief + Right Action

Tadasana | Mountain



Stand tall in Tadasana to step into your power, to feel you deserve what you want and so much more!

One of the most powerful poses for building courage. Opening your heart in this way gives you quite a hit of "umph"! (Note: Even easier variations will give you the energy you need!)

Uttanasana | Camel



Virabhadrasana II | Warrior 2



These poses build courage, expanding your energy so you feel BIG and like you CAN do this! When done well, they also stimulate the 3rd chakra - the seat of our personal strength.

Virabhadrasana I | Warrior 1



Savasana | Relaxation Pose



PASSIVE/RELAXING ENERGY: Faith

Restorative Yoga helps us step into a place of faith. These poses are quintessential for surrender and opening your energy to receive.

Supta Baddha Konasana



CULTIVATING GRATITUDE

Uttanasana | Standing Forward Fold



Forward folds build the energy of gratitude AND you want your gratitude to come from a place of "I deserve this!" not "I am so lucky". Standing forward folds, feeling strong before you fold will help you cultivate that energy. Adding a block helps you engage the inner thighs to make the legs stronger.

Uttanasana with a block



Using Restorative Yoga to Power Up Your Manifesting

Manifesting on the Mat™

LETTING GO



Focus on twists to release tension in the body. Physical tension is energetic, too, so it is limiting beliefs, stored emotions, stored stress, all things that hold us back.

You are also holding onto control, expectations, and a feeling like you REALLY WANT what you want - which we need to release.

Also focus on exhales, feeling the tension leave your body as you twist and relax more deeply.

GRATITUDE



Gratitude can be found in heart opening poses - backbends - and in supported forward folds.

Feel your breath in these poses for pure enjoyment. Just appreciate your breath fully.



RECEIVING:



In order to allow in, we need to feel expansive, that we deserve it, AND we need to relax to allow it in. This pose is perfect for both of those energies.

Focus in on your inhale. You aren't expanding it, just imagine what you are breathing in as filling the room you are in. You will feel your expansiveness!

SURRENDER



AND we have to completely surrender, let go, release. Savasana is the quintessential. Be sure to end each practice with a solid Savasana, letting everything go.

When you first get into Savasana, focus on extending your exhale, letting your body relax even more in the extended breath. Do it for just a few rounds then completely relax all awareness of your breath. So good!



Laura Erdman-Luntz, MA

Experienced Yoga Educator, Author, inspiring Life Coach and Business Entrepreneur

Laura has over 30 years experience in the fitness and wellness industries.

She uniquely blends her Life Coaching knowledge and vast experience with Yoga to create programs, classes and workshops that truly do bring mind and body together for positive change, inspiring people to live their most authentic life.

She incorporates New Thought ideas into classes and programs on positive living, manifesting and changing subconscious beliefs.

Her Yoga training began in 1988 and began teaching in 1992. She has taught over 500 workshops, over 15,000 hours of yoga classes, coached hundreds of clients and has trained dozens of yoga teachers at the beginner and advanced level. She has studied with Judith Hansen Lasater, Jo Zucovitch, Ramanand Patel, Rodney Yee, Patricia Walden, Barbara Benaugh, Donna Farhi, John Friend and many others.



what's next?

Intrigued with manifesting on your Yoga mat? Check out the Stand Tall Challenge. You'll tap into building courage and "I've got this, dammit!" energy for your manifesting!



[CLICK HERE FOR MORE INFO!!](#)

See you on the inside!

Peace & miracles,
Laura

