



Chakra One: Muladhara

2016

The first chakra is associated with our basic instincts of survival and self-preservation (*food, shelter, health, and security*). It is located in the base of the spine, and works with gravity as it connects our bodies to the physical world around us and the ground below us. It is more than just an energy center, it is our life source, our ground. We are born to this earth and when we connect to her we ground into stability and safety. We root into the security of our deep essential spiritual selves and the universal spirit we share in this dance of life, with our communal mother, the earth.

Centering: Laying on the floor (feel supported by the earth), connect with the earth plane, noticing and surrendering to gravity.

Breath Practice: 3 Part Breath with hands on belly, notice how the whole back body spreads onto the earth with each inhale and exhale.

- **Back Body press** gentle press back body down on exhale
- **Knee to chest pose** (*Apanasana*)
- **Squeezes** thighs & buttocks with exhale - block between knees
- **Bridge pose** (*Setu Bandhasana*) with block between knees flow
- **Belly release** (Beached Whale) on belly press on **inhale**
- **Alternate arm and leg lifts** add half and full Locust (*Shalabhasana*)
- **6 Directions: Cat/Cow... Child's pose** (*Balasana*)
 - **10:00 and 2:00... Table Twist**
- **Staff Pose** (*Dandasana*) foot and calf in arms gentle swinging
 - foot massage: toes down, twist twist pull, rope burn
- **Bent knee** and reg. Downward Dog (*Ardho Mukha Svanasana*)
- **Frog knee bends to Squat** (*Malasana*)
- **Mountain Pose** (*Tadasana*) notice center of gravity, wt. on feet
- **Walk:** notice how foot meets earth, center of gravity, ground
- **Slant board:** rolled mat & 2 blocks at wall (with chair)...
 - notice new mountain and walk again noting differences
- **6 Directions** w/ block
- **Chakra 1** Sun Salute
 - bent knees/lift toes, rise to toes, Forward fold, lunge, cat/cow, bent knee dog, child's, lunge, forward fold, Mt.
- **Strengthening standing poses:**
 - **Dynamic Warrior** *bend/straighten* L knee (3-6 x's) *lift/lower* back heel (3-6 x's) arms move up and down
 - **Warrior I** (*Virabhadrasana*) Hold going deeper on exhale
 - **Pyramid pose** (*Parsvottanasana*) Dynamic (3-6 x's)... hold
- **Tree pose** (*Vrkasana*)
- **Wide Leg Forward bend** (*Prasarita Padottanasana*)
- **Leg stretches** with belt (*Supta Padangustasana*)
- **Laying twist...** upward Child's
- **Deadbug**

Savasana: with complete breath focus on exhale "Chakra 1 meditation"

Off the mat:

Contemplate what comprises your personal foundation. On one side of a piece of paper, write down all the things in your life that help you stay grounded and firm, thus providing the safety and stability for you to grow. On the other side, list any foundational cornerstones that are missing and therefore hindering your ability to expand. What are three ways in which you can create a more stable foundation today?

Meditation: Earth Element,

Standing meditation: Standing w/feet slightly wider than hips width apart, inhale then slowly bend knees as you exhale. Inhale up, exhale lower ~ reciting the **mantra** in your mind:

"I am grounded and balanced.

I am safe and secure" ... Practice 3-4 minutes

Color: red

Element: earth

Seed sound: Lam

Vowel sound: Oh (as in Toe)

Basic Issues: Safety, survival, stability, self-esteem, trust, boundaries

Emotional/mental Issues: Fear, anxiety, insecurity, grief, depression, disconnection, numbness, low self-esteem

Physical Issues: Lower back pain, sciatica, hemorrhoids, prostate problems, obesity, anorexia, varicose veins, constipation. Related body areas: Coccyx, anus, large intestines, adrenal glands, back, legs, feet, bones

Foods:

- root vegetables (carrots, potatoes, parsnips, radishes, beets, onions, garlic etc.)
- Protein-rich foods: eggs, ,eats, beans, tofu, soy products, peanut butter
- Spices: horseradish, hot paprika, chives, cayenne, pepper

Tea today: Hibiscus w/ honey