EARTH ELEMENT: ROOT CHAKRA YOGA SEQUENCE - PRACTICE OUTDOORS!

Friday, March 15, 2019 2

2:02 PM

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44 poses

Created by Breezy Bree
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The word Muladhara is a combination of two Sanskrit words.: "Mula," which means "root" and "Adhara," which means "support" or "base."

Our root chakra is located at the base of the spine, the pelvic floor, and the first three vertebrae. It is associated with the earth element and directly linked to our ability to dig in and feel firmly rooted in our lives.

Engaging your Mula Bandha the "root lock" associated with the Base or Root Chakra. Think of the word "Root" similar to that of a tree or even the origin of something. It is on the lowest energy center of the spine.

The Root Chakra is considered a Matter-Root Chakra. This First Chakra has a stabilizing energy is calming and encourages concentration.

Represented by the color vibrant and powerful color of RED, envision this color surrounding you or wear red, eat red foods, bathe in the color. Root Chakra Imbalances = anxiety, fear, panic attacks, worry, overthinking, depression, nightmares, disconnected - emotionally, physically, mentally, lethargic, eating disorders, digestive issues.

MANTRAS: I AM SAFE, I AM HOME, I AM GROUNDED, I AM CENTERED, I TRUST MYSELF Pranayama - Breath Work for Root Chakra: Engage your Pada Bandha (Feet) into the Earth, ground yourself. Practice in Mountain Pose OR Easy Pose on a block engaging your Mula Bandha. Recommended: Ujjayi Breath ***SEE BELOW



Prayer Mountain Pose

Imagine roots growing and spreading from the soles of your feet to the center of the Earth, you are secure and grounded. As you inhale, imagine the crown of your head reaching toward the sky, as you exhale, you ground deeper into the Earth.



You envision, the color red as it heats up your body like the sun. You feel the warmth encompass your body, like a hug being given to you by someone you love.

Prayer Easy Pose

Let's begin...



Standing Back Bend Pose

#5

27s



#7

#4

45s

6s

Standing Forward Bend Pose

Warrior 1 Pose

Downward Facing Dog Pose





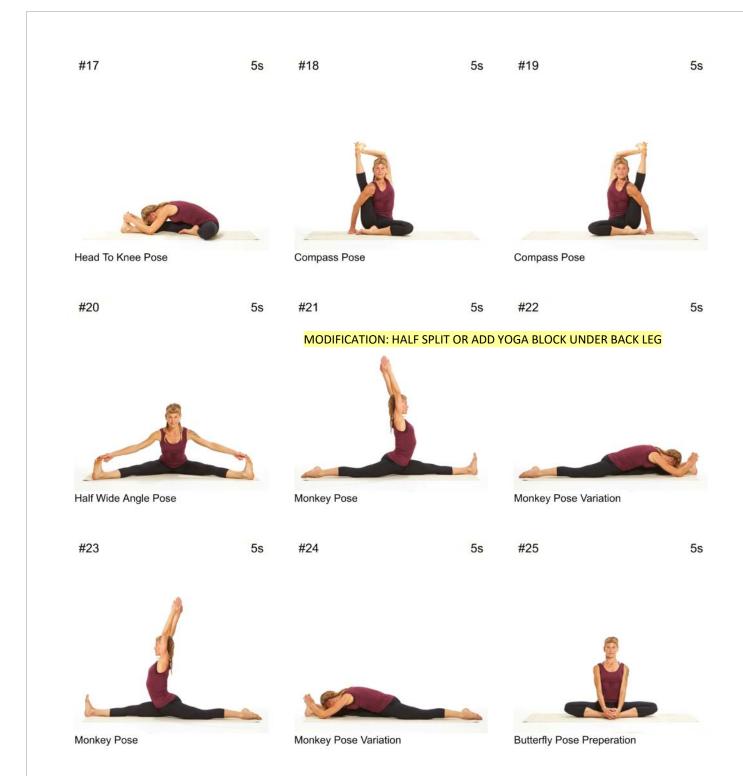
Revolved Seated Forward Bend Pose



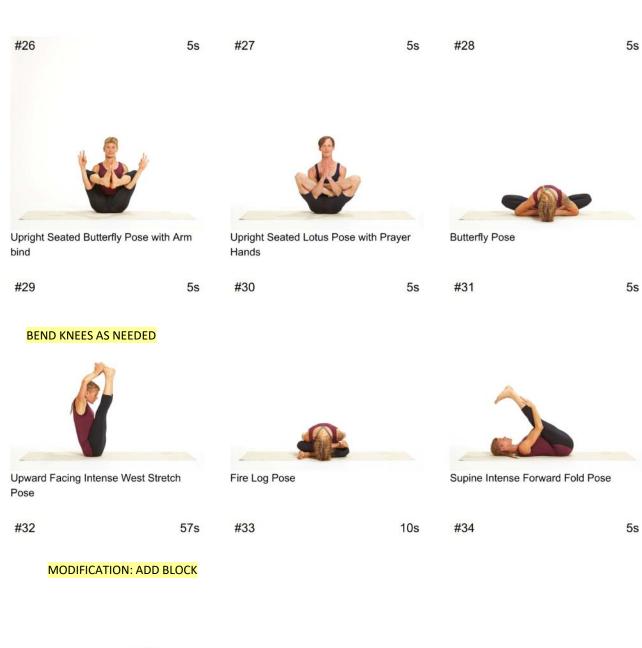
Revolved Seated Forward Bend Pose



Head To Knee Pose



1/7













Supine Wide Leg Pose

#35 5s #36 5s #37 5s

USE STRAP IF NEEDED



Supine Hand to Toe Pose



Supine Hand to Toe Pose



Revolved Supine Hand to Toe Pose

#38

5s

#39

#40

5s

-0 5s



Revolved Supine Hand to Toe Pose



Eye of the Needle - Dead Pigeon



Eye of the Needle - Dead Pigeon

#41

5s

#42

5s

#43

5s



Happy Baby Pose



Supine Bound Angle Pose



Sleeping Lotus Pose

6/7

#44 50s



Corpse Pose

7/7

One of the most common breathing techniques today is **Ujjayi Pranayama**, the Victorious Breath. This deep breathing exercise allows you to slow and smooth the flow of breath while quieting and focusing the mind.

Ujjayi breath sounds like a gentle wave, dragging along the back of your throat. Generally, it's loud enough for your neighbor to hear, but not so loud that it strains your throat. It's a great breathing technique to practice because it helps heat the body and gives the mind a job on which to focus.

As a beginner, follow these steps:

- 1. To begin your practice, find a comfortable seat. Lengthen your spine and relax your shoulders.
- 2. Inhale through your nose, then open your mouth to exhale slowly as if you're trying to fog a mirror. Try to create a slight contraction at the back of your throat and listen for a long "HA" sound.
- 3. Try this several times, in through your nose and out through your mouth, before you try closing your mouth and exhaling through the nose with the same effect. Begin to direct the breath slowly across the back of your throat for both your inhale and exhale. Ideally, this will create a soft and audible hissing sound as you breathe.

Remember to be patient. Cultivating this type of awareness and control over the breath may take time. Though it's hard enough to practice while sitting still, the next step is incorporating Ujjayi into your asana flow. With time, you'll continue to improve while also experiencing the mental and physical deep breathing benefits of Ujjayi. NAMASTE!

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