

Chakra One

>The way we get in touch with our first chakra is to practice asanas that put us in touch with our connection to the earth. With our feet flat on the ground, we become aware of our bodies' center gravity and how it relates to the earth. When we are grounded, we are humble and close to the earth. We can embrace simplicity, stillness, security and solidity. In doing so, we can "ground out" the stresses of everyday life. It is about living in the moment. Activities that will help you connect to the root chakra are exercise, foot massage, walking outdoors, wearing red and playing the drums.

Here is a sample beginner Chakra one class:

Easy seated pose

Instruct diaphragmatic breath

Neck rolls

Side stretches

Table top

Cat/cow

Firebird - *spinal traction/balance* —

Hip circles

Downward facing dog

Ragdoll/Forward bend —

Mountain pose

Chair pose

Warrior 1

Warrior 2

Reverse warrior

Triangle

Tree pose

Goddess squat

Forward seated bend

Bridge pose

Reclined twist

Reclined butterfly pose

Savasana (corpse pose)

Summary

Location: Perineum, base of the spine, coccyx

Color: Red

Element: Earth

Issue: Survival

Basic Right: To be here

Primary fears: fear of physical survival, abandonment by the group, and loss of physical order

Primary strengths: Tribal/family identity, bonding, honor, loyalty

Sacred truth: All is one

Illnesses: lower back pain, Sciatica, Varicose veins, rectal cancer, depression, immune related disorders