

EARTH ELEMENT: ROOT CHAKRA YOGA SEQUENCE - PRACTICE OUTDOORS!

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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

#1

5s



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.

#2

5s



Prayer Easy Pose

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.

Let's begin...

#3

44s



Mountain Pose

#4

45s



Standing Back Bend Pose

#5

27s



Standing Forward Bend Pose

#6

64s



Warrior 1 Pose

#7

6s



Downward Facing Dog Pose

#8

39s



Warrior 1 Pose

#9

5s



Downward Facing Dog Pose

#10

5s

ADD YOGA BLOCK UNDER ROOT



Garland Pose with Hands in Namaste

#11

5s



Standing Forward Bend Pose

#12

5s



Downward Facing Dog Pose

#13

45s



Staff Pose

#14

5s



Revolved Seated Forward Bend Pose

#15

5s



Revolved Seated Forward Bend Pose

#16

5s



Head To Knee Pose

#17

5s



Head To Knee Pose

#18

5s



Compass Pose

#19

5s



Compass Pose

#20

5s



Half Wide Angle Pose

#21

5s



Monkey Pose

#22

5s

MODIFICATION: HALF SPLIT OR ADD YOGA BLOCK UNDER BACK LEG



Monkey Pose Variation

#23

5s



Monkey Pose

#24

5s



Monkey Pose Variation

#25

5s



Butterfly Pose Preparation

#26

5s

#27

5s

#28

5s



Upright Seated Butterfly Pose with Arm bind



Upright Seated Lotus Pose with Prayer Hands



Butterfly Pose

#29

5s

#30

5s

#31

5s

BEND KNEES AS NEEDED



Upward Facing Intense West Stretch Pose



Fire Log Pose



Supine Intense Forward Fold Pose

#32

57s

#33

10s

#34

5s

MODIFICATION: ADD BLOCK



Shoulder Bridge Pose



Knees to Chest Pose



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

5s

#40

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

#44

50s



Corpse Pose

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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