

	<h1>CHAKRA 1</h1> <h2>Color: red element: earth</h2>
<b>PRANAYAMA</b>	<b>Kaki Pranayama on the exhale:</b> Inhale naturally through the nose. Then, form a beak with the mouth, as if you were blowing through a straw, and exhale, completely emptying the lungs.
<b>MUDRA</b>	<b>Brahma Mudra:</b> Make the hands into fists with the thumbs tucked inside. Turn the knuckles of both hands to touch each other. The thumb sides of the hands face forward, while the little fingers rest just below the navel. <b>Adhi Mudra:</b> Curl the fingers around the thumbs forming a soft fist with the thumb held inside it. Place the hands palms down on the thighs or knees.
<b>WARM UPS</b>	foot massage w/ tennis ball Neck and shoulder release leg circles (Press extended foot into the wall. Pronate and supinate foot using strap. Flex and extend foot w/out strap. Do ankle circles.) Supine Triangle Supine Rotated Triangle Knees to chest
<b>ASANA</b>	Rag Doll standing twist Half Moon Series Mountain → Chair → Forward Fold w/ block (Ground all four corners of feet.) Mountain (Supinate and pronate feet. Then ground all 4 corners of feet.) Chair w/ variations → Squat → Forward Fold Tree (Supinate foot, and then ground under big toe.) Mountain → Warrior 1 (Supinate back foot. Ground inner heel.) Mountain → Warrior 2 (Supinate back foot. Ground inner heel.) Mountain → Triangle (Supinate back foot. Pronate front foot.) Standing Wide Legged Forward Fold (Ground inner feet, and raise arches.) Downward Facing Dog (Ground feet, and walk feet and then hands forward.) → Plank Staff Pose Seated Forward Fold Seated Wide-Legged Forward Fold Upward Plank Bound Angle Pose Bridge Warm-ups → Bridge w/ block → Bridge Bridge
<b>COOLDOWN</b>	Knees to Chest Reclined Twist Sacrum Release
<b>RELAXATION</b>	legs on chair

[www.yougoyoga.net](http://www.yougoyoga.net)

Click on **Student Resources → Home Practice**. Password: **ygstudent**

## STAND FIRM WITH THIS GROUNDING SEQUENCE!

The immovable mountain, the basis of all standing poses, symbolizes the strength involved in standing on your own two feet. We stand up for what or whom we believe in. We stand up to our opponents. We stand by those we care about. We stand firm. Recognize your own inner strength through this grounding practice. Dedicate it to someone or something that you want to stand up for.

<p>Foot massage</p>	<p>Press extended foot into the wall. Pronate and supinate foot using strap. Flex and extend foot w/out strap. Do ankle circles. →</p>	 <p>Supta Padangusthasana Reclining Big Toe Pose</p>	 <p>Apanasana Knees to Chest</p>	 <p>Balasana Child's Pose</p>
 <p>Standing Side Bend</p>	<p>Ground all four corners of feet. →</p>	 <p>Tadasana Mountain</p> <p>w/ block</p>	 <p>Utkatasana Chair</p> <p>w/ block</p>	 <p>Uttanasana Standing Forward Bend</p> <p>w/ block</p>
 <p>Tadasana Mountain</p> <p>Supinate and pronate feet. Then ground all 4 corners of feet.</p>	 <p>Utkatasana Chair</p>	 <p>Malasana Squat</p>	 <p>Uttanasana Standing Forward Bend</p>	 <p>Vrksasana Tree</p> <p>Supinate foot. Then ground under big toe.</p>
 <p>Tadasana Mountain</p>	 <p>Virabhadrasana I Warrior I</p> <p>Supinate back foot. Ground inner heel.</p>	 <p>Tadasana Mountain</p>	 <p>Virabhadrasana II Warrior II</p> <p>Supinate back foot. Ground inner heel.</p>	 <p>Tadasana Mountain</p>
 <p>Uthita Trikonasana Extended Triangle</p> <p>Supinate back foot. Pronate front foot.</p>	 <p>Prasarita Padottanasana Wide-Legged Forward Bend</p> <p>Ground inner feet, and raise arches.</p>	 <p>Adho Mukha Svanasana Downward Facing Dog</p> <p>Ground feet, and walk feet and then hands forward.</p>	 <p>Plank</p>	 <p>Dandasana Staff</p>
 <p>Paschimottasana Seated Forward Bend</p>	 <p>Upavistha Konasana Wide Angle Seated Forward Bend</p>	 <p>Baddha Konasana Bound Angle</p>	 <p>Purvottasana Upward Facing Plank</p>	 <p>Setu Bandhasana Bridge</p>