Yoga Sequence to Unblock the Root Chakra

Childs Pose (*Balasana)*

Start on all fours with your hands stacked under your shoulders and your knees hip-width apart.

Gently lower your hips back toward your heels. Then reach forward with your arms and rest them on the ground in front of you.

Let your forehead touch the floor.

If your mobility allows, let your toe tips touch, widen your knees allow your hips to settle in, making as much contact with the earth as is comfortable.

As you hold this pose, focus on drawing energy from the earth up through your body and into your root chakra.

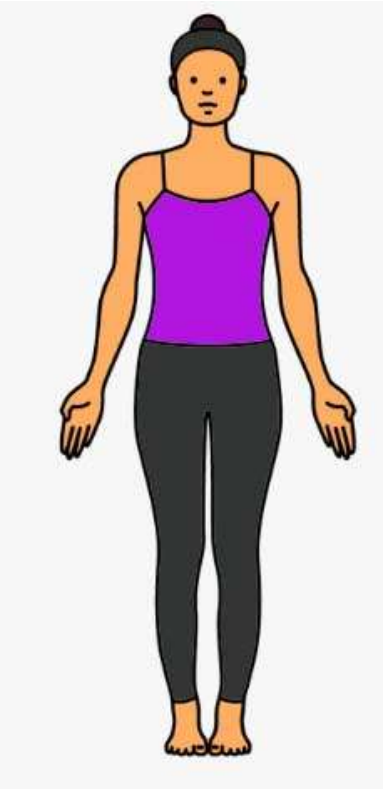
Breathe deeply and slowly as you visualize roots extending down from the base of your spine, connecting you to the earth below.

Take time to notice any calming or energizing effects it has on your body and mind.

As you continue to practice this pose, you may find that your root chakra begins to feel more balanced and aligned.

From here walk the hands back towards you, come onto all fours, tuck the toes and come into downdog. Take a stretch here, come to tiptoes and tiptoe t the top of the mat, bend the knees deeply and slowly roll up to stand in Mountain Pose

Mountain Pose (*Tadasana*)



Mountain pose, or Tadasana, is a simple but powerful pose that can help balance the energy of your Root chakra.

This pose involves standing with your feet hip-width apart and grounding yourself firmly on the earth beneath you.

To get into mountain pose, start by standing tall with your feet hip-width apart and your arms at your sides.

Bend your knees slightly and press all four corners of your feet down into the ground, engaging the muscles in your legs and lower body.

The palms of your hands can either face forward with your arms at your side or come together in prayer in front of your chest.

Stay nice and long through the spine, with a slight tuck of the tailbone and chin.

Continue to bring your awareness to the points of contact that your feet are making with the earth.

As you hold this position, focus on feeling rooted and grounded in the earth below you.

Feel connected to the natural rhythms of the world around you, and allow the energy of your root chakra to flow freely through your body.

Forward Fold (*Uttanasana*)

Start by standing with your feet hip-width apart. Take a slight bend in the knees.

Gently hinge at the hips, lowering your torso towards the ground.

You can rest your hands on your thighs or reach towards the floor in front of you, depending on what feels best for you.

If you don't have the flexibility to keep your legs straight, keep a micro bend in your knees. Keeping your torso toward your thighs is more important than having straight legs.

As you hold this pose, focus on releasing any tension or tightness from your body and mind.

Visualize yourself rooted firmly into the earth below you, connecting with the energy and stability of this chakra.

As you breathe deeply and mindfully, allow yourself to sink deeper into the posture, allowing it to work its magic on both your body and your mind. From here bend the knees deeply and roll all the way back up vertebra by vertebra coming back to **Mountain Pose**

Tree Pose (*Vrkasana*)

From **Mountain Pose** bring the weight into the right leg, pick a *dristi* (a focal point) and gently bring your left foot up to right thigh (if you are new to yoga you can place the foot on the calf or the ankle). Engage your core muscles and push the foot against the thigh, feel grounded and rooted like a tree, grow your branches by extending both arms towards the sky. Release the foot and step the left foot back coming into **Warrior II**

Warrior II (*Virabjadrasana II*)

Start in a standing position with your feet hip-width apart.

Take a deep breath in, and as you exhale, step your left foot backwards

Turn your left foot so that it is facing directly to the side, keeping both legs straight.

As you inhale, reach your arms out to the sides. Raise them up until they are parallel to the floor.

Gaze over the middle fingertip of your front-reaching arm. Make sure that your shoulders remain relaxed and down away from your ears throughout the pose.

As you exhale, bend your right knee so that it forms a 90-degree with the floor.

Your left leg should be straight at all times and firmly rooted into the floor.

Focus your attention on your root chakra, visualizing it as a deep red wheel spinning slowly.

This will help ground you and enhance the energy flow throughout your body.

Hold this pose for several breaths, gently pressing your hips forward to deepen the stretch in your hips and thighs.

When you are ready, inhale deeply and come back to Mountain Pose, to come into **Tree Pose**

Tree Pose (*Vrkasana*)

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both arms towards the sky. Release the foot and step the right foot back coming into **Mountain Pose** for Warrior II on the other side

Warrior II (*Virabjadrasana II*)

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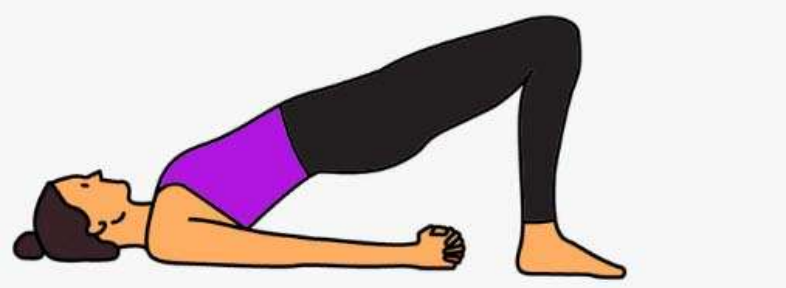
When you are ready, inhale deeply and come back to **Mountain Pose**

From here, take a seat on the mat, bend the knees bringing the feet flat on the floor and slowly roll down to a flat back. Bring the feet about hip width distant apart arms alongside you with the palms flat on the mat for **Bridge Pose**

Bridge Pose (*Bandha Sarvangasana*)



Start as above, by lying on your back with your knees bent and your feet flat on the ground.

Then, press into your feet and slowly lift your hips up towards the sky until you feel a gentle stretch in your lower back.

To focus on root chakra balance while in this pose, start by taking deep, slow breaths as you hold the position.

As you breathe, allow yourself to relax and tune into any sensations or feelings that arise in your body.

You may find that focusing on this area of your body helps to promote greater harmony and grounding within yourself.

If you'd like, you can also try incorporating some grounding visualizations or affirmations into your practice. Hold for 10 breathes then release the hips back onto the mat

Knee-to-Chest (*Apanasana*)

Lie on your back with your knees drawn in toward your chest.

Keep your back flat against the ground, and gently pull inwards with your abdominal muscles as you breathe deeply and slowly.

Focus on the sensations that arise in your body as you hold this posture. Allow yourself to become more rooted and grounded as you practice.

If you'd like to increase the intensity of this pose, try holding it for longer periods of time.

You can also add a gentle rocking motion to deepen the stretch in your hips and lower back.

With regular practice, the knee-to-chest pose can help balance and open the root chakra, quieting any feelings of fear, insecurity, or uncertainty

Plow Pose (*Halasana*)

Plow pose is a powerful pose for healing your root chakra.

To get into this pose, start by lying flat on your yoga mat with your legs extended straight out in front of you.

Next, slowly raise your legs up and over your head until they are resting on the floor behind you.

Try to keep both legs as straight as possible as you hold this position.

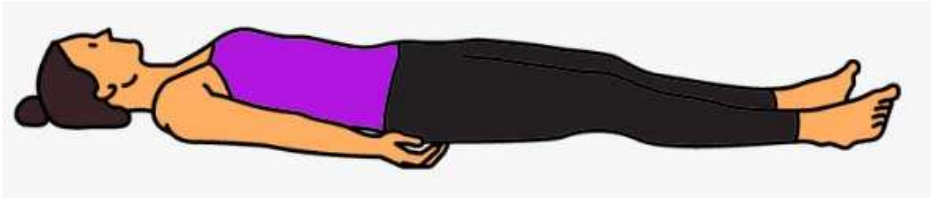
Focus on engaging your core and keeping your spine aligned. Keep the backs of your thighs lifting toward the ceiling.

Feel the points of contact your back and head are making with the earth beneath you.

If you'd like to deepen the effects of plow pose, try incorporating some grounding and rooting practices.

This could include connecting with the earth through gentle breathing exercises or visualizations that help bring awareness to this energy centre.

Corpse Pose (*Savasana*)



Corpse pose, also known as Savasana, is a great posture to focus on the first energy centre. It also helps you achieve balance and grounding in your body.

To get into this pose, start by lying flat on your back with your legs slightly apart.

Your feet should be splayed open, and your arms resting at your sides, palms facing up.

Slightly tuck your chin to elongate the back of your neck.

Close your eyes and take a few deep, relaxing breaths. Focus on releasing any tension or tightness throughout your body.

As you hold this pose, try visualizing the energy of the root chakra at the base of your spine.

Imagine it glowing bright red or deep crimson as it slowly begins to awaken and pulsate in rhythm with each deep breath that you take.

Take as long as you need in Savasana (at least 3-5 minutes). Once you're ready to reawaken, bring some movement back into your fingers and toes by wriggling them or circling the wrists and ankles one way and then the other. Bring the feet back together, point the toes, inhale the arms overhead and take a stretch. Bend the knees wrapping your arms around them and slowly roll over onto one side using your arm as a pillow. Enjoy a moment of transition and them gentle push up into a comfortable seated position, bringing the hands to heart centre. You can keep the eyes closed if you like, take a few breaths trying to maintain a sense of peacefulness to carry throughput your day.

Gentle blink the eyes open and release the hands.

Namaste