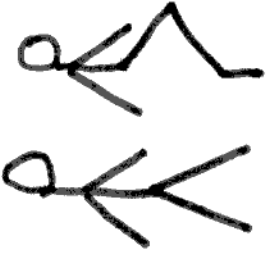











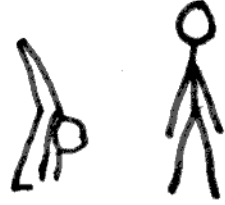






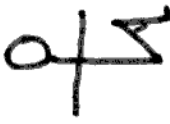

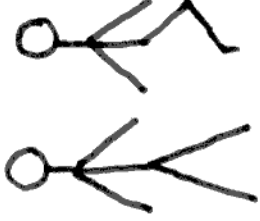


Muladhara – A Grounding Practice Focusing on Stability

<p>1 Savasana</p> 	<p>2 Pelvic Tilts</p> 	<p>3 Bridge</p> 	<p>4 Knees to chest</p> 	<p>5 Leg Raises</p>  <p>(Repeat pose on other side)</p>	<p>6 Knees to chest</p> 
<p>7 Supine Tree</p>  <p>(Repeat pose on other side)</p>	<p>8 One Knee to Chest</p>  <p>(Repeat pose on other side)</p>	<p>9 Seated Stretch</p> 	<p>10 Cat</p> 	<p>11 Child Pose</p> 	<p>12 Down Dog</p> 
<p>13 Forward Fold to Standing</p> 	<p>14 Standing Stretch</p> 	<p>15 Side Bend Warm-up</p> 	<p>16 Side Bend</p>  <p>(Repeat pose on other side)</p>	<p>17 Forward Fold</p> 	<p>18 Tree</p>  <p>(Repeat pose on other side)</p>
<p>19 Forward Fold, Dog, Child</p> 		<p>20 Supine Twist</p>  <p>(Repeat pose on other side)</p>	<p>21 Knees to chest</p> 	<p>22 Relaxation</p> 	<p>23 Namaste</p> 