



# Movements for the first energy center.

<http://www.nasabawa.com/>  
[nasa@nasabawa.com](mailto:nasa@nasabawa.com)

• 30 mins • Beginner • Muladhara / Root Chakra • Balance and grounding



The first chakra, called muladhara, is located at the base of the spine. "Muladhara" means root, and is associated with the earth element, linked to your ability to dig in and feel firmly rooted in your life. Its associated color is red, hence its links to the earth.

This wheel of energy is associated with your sense of security, familial relationships and your feeling of home

 1. Sun Salutation A • Surya Namaskar A	 2. Sun Salutation A • Surya Namaskar A	 3. Sun Salutation A • Surya Namaskar A	 4. Tree Pose • Vrksasana	 5. Tree Pose • Vrksasana	 6. Chair Pose • Utkatasana	 7. Eagle Pose • Garudasana
 8. Eagle Pose • Garudasana	 9. Sun Salutation B • Surya Namaskar B	 10. Sun Salutation A First Half • Surya Namaskar A First Half	 11. Warrior Pose II • Virabhadrasana II	 12. Reverse Warrior Pose • Viparita Virabhadrasana	 13. Extended Triangle Pose • Utthita Trikonasana	 14. Wide Legged Forward Fold Pose Downward Facing Dog Pose Arms • Prasarita Padottanasana Adho Mukha Svanasana Hasta
 15. Warrior Pose II • Virabhadrasana II	 16. Reverse Warrior Pose • Viparita Virabhadrasana	 17. Extended Triangle Pose • Utthita Trikonasana	 18. Goddess Pose • Utkata Konasana	 19. Sun Salutation A First Half • Surya Namaskar A First Half	 20. Warrior Pose II • Virabhadrasana II	 21. Half Moon Pose Block • Ardha Chandrasana Block
 22. Warrior Pose II • Virabhadrasana II	 23. Half Moon Pose Block • Ardha Chandrasana Block	 24. Wide Legged Forward Fold Pose Downward Facing Dog Pose Arms • Prasarita Padottanasana Adho Mukha Svanasana Hasta	 25. Garland Pose • Malasana			



Are you struggling to create the life that you desire? It's most likely because you are distracted by the "how." However, all of what you desire is associated with your purpose. When you aren't aligned with your purpose you overwork to materialize what you want. This causes exhaustion. So why are so many of us off the path to purpose? I believe it is an accumulation of unmanaged trauma, our disconnection from our spiritual guides, and our lack of understanding of how to overcome the daily circumstances of life. After years of practice, I help others and myself transform using FOUR KEY WORKINGS:

Subconscious Reprogramming  
Ancestral Technology

Energy Work And Body Work

You can go to <http://www.nasabawa.com/> to see what path you're on and see how we will work together!!