Movements for the first energy center.



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



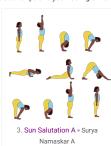
The first chakra, called muladhara, is located at the base of the spine. "Muladhara" means root, and is associated with the earth element, linked to your ability to dig in and feel firmly rooted in your life. Its associated color is red, hence its links to the

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





Namaskar A

















10. Sun Salutation A First Half •

Surya Namaskar A First Half





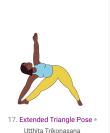




14. Wide Legged Forward Fold Pose Downward Facing Dog Pose Arms • Prasarita Padottanasana Adho Mukha Svanasana Hasta











Surva Namaskar A First Half





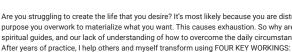






Adho Mukha Svanasana Hasta





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.

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!!