

**Spinal Flexes:** In Easy Pose with the hands holding the ankles, lightly pull on the hands as you inhale, pressing the spine forward. Exhale as you release the spine backwards. The head is relaxed and can move slightly, but it does not bounce up and down. As you flex your spine, connect the base of your spine to the Earth. 1-3 minutes.



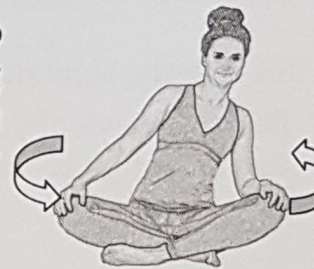
**Root Lock:** Pull and release the root lock to activate your root at the base of your spine. Pull energy from the center of Earth. Feel the connection between the root and the crown.

♥ **Grounded:** Move out of thinking into feeling awareness. Feel your spine as the channel for the energy of your soul to move from the base of the spine up to the top of your head and back down again. Feel your body as your soul's home during your visit to Mother Earth.

### Sex Chakra — Unleash, Freedom

**Deep Abdominal Breathing:** Fill your belly with nurturing energy. Expand from within on the inhale. Release and let go on the exhale.

**Spinal Grinds:** In Easy Pose with hands on your knees, rotate your torso from the belly counterclockwise in a deep grinding motion. Coordinate long deep breathing with the movement. Slowly in your own rhythm awaken the flowing spiral energy. To end, stop consciously doing the exercise and allow the movement to continue on its own. Then feel the internal spiral energy continue even when the body looks still. 1-3 minutes.

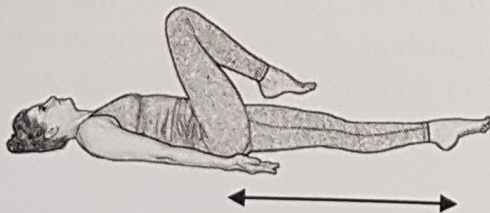


♥ **Flowing:** Sit quietly and feel the flow continue to move in your spine.

### Navel Chakra — Come Alive

#### Leg Stretches with Breath of Fire

Extend the leg, knee must be straight and the heel must be pulled away from the body so that you feel a stretch from the heel all the way up the leg to the center of the hip. After creating this stretch, grab onto your leg where you can maintain the sciatic activation. Keep the spine straight and do not bend the head and collapse the chest to try to bring your head to the knee. Breath of Fire. 1-2 minutes each leg.



**Push Pulls:** Lying on back, lift both legs 1-2 feet (where you can feel an activation at the navel) and begin a push-pull motion, alternating between bending one knee toward the chest, moving from the hips, and lowering the leg so it is parallel to the ground but still elevated, for 1-2 minutes. Rest.