

Spinal Base – 1st Chakra

There are seven chakras – often thought of as energy centers – in the body. Chakra is a Hindu word that means circle of light. Chakras relate to areas in the spinal column where nerve crossing create energy fields, or circles of light. The first chakra is located at the base of the spine, and is often thought of as the foundation for our structure. Our feelings of security and basic survival skills are centered in the first chakra. When this center is balanced and filled with prana, we feel secure, calm, and connected. When we are disconnected from this energy, earthly desires such as the desire to possess, acquire, hoard, and compete are apparent. Awareness and alignment of the spinal base is important in our hatha yoga practice. Emphasis on physical alignment and action in the poses affect our emotional and mental clarity and capabilities.

Asanas.



Parsvakonasana
Extended Side
Angle



Prasarita
Padottanansana
Expanded Leg



Adho Mukha
Svanasana
Downward Dog



Bhujangasana
Cobra



Anjaneyasana
Lunge



Balasana
Squat



Navasana
Boat



Virasana
Hero-variation



Dandasana
Staff Pose



Baddhakonasana
Bound Angle



Supta
Padangustasana
Reclining Big Toe



Setu Bandha
Sarvangasana
Bridge



Upavista
Konasana
Wide Angle



Halasana
Plough



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Application. This week practice poses to invigorate the spinal base. As I contemplated the subject of this lesson, I was drawn to how many fears and insecurities are rooted in the first chakra. In my own practice, I've found that many of the asanas that stimulate the first chakra work in very subtle ways. I thought –how appropriate it is that as we get deeper into the practice, we need to have greater focus to appreciate the benefits.