

Root Energy Center Daily Itinerary

Day #1 - Live Zoom with Michelle

Day #2 - Root Body Map Assignment

Day #3 - Read BodyMind by Ken Dychwald Chapter #3 the feet

Day #4 - Roll a golf ball on your feet as you look over the BodyMind Reflexology Chart.

Day #5 - Roll a golf ball on your feet connect with the bones, and joints of your feet -- color in your Anatomy Coloring Book

Day #6 - Roll a golf ball on your feet connect with the bones, and joints of your feet -- color in your Anatomy Coloring Book

Day #7 - Roll a golf ball on your feet connect with the muscles of your feet -- color in your Anatomy Coloring Book

Day #8 - Roll a golf ball on your feet connect with the muscles of your feet -- color in your Anatomy Coloring Book

Day #9 - Go into nature to find roots that represent your ancestors

Day #10 - Read Frontiers of Health by Christine Page -- Chapter #7

Day #11 - Root inquiry questions - the feet

Day #12 - Finish up root inquiry questions - the feet

Day #13 - Find an image that matches the feelings of depression and anxiety/fear

Day #14 - Full movement practice - the feet

Day #15 - Find pictures of your ancestors

Day #16 - Read Eastern Body Western Mind by Anodea Judith Chakra One

Day #17 - Catch up day - Read Eastern Body Western Mind by Anodea Judith Chakra One

Day #18 - Roll a softball on your legs to connect with the bones and joints of your legs color in your Anatomy Coloring Book

Day #19 - Roll a softball on your legs to connect with the muscles of your legs color in your Anatomy Coloring Book

Day #20 - Live Zoom with Michelle

Day #21 - Read BodyMind by Ken Dychwald Chapter #3 the legs

Day #22 - Root inquiry questions the legs

Day #23 - Finish up root inquiry questions the legs + Open your legs quick practice

Day #24 - Work on your Body Map

Day #25 - Find an image that matches the feeling of (1) anger and (2) frustration for you

Day #26 - Full Movement Practice – The Legs

Day #27 - Find pictures of your mom and dad

Day #28 - Go into nature and find something the color red

Day #29 - Mantra meditation

Day #30 - Connect to Your Sacral Body Map