

Module #1 - The Root Daily Itinerary

SET A FOUNDATION FOR HEALTH - Your ROOT -- Ground down into your legs and feet to release fear. Open to your genetic energy, to be here, feel safe and secure. Begin creating your Body Map and the Owner's Manual to YOU!

Day #1 - Welcome *15-min.*

Day #2 - Introduction to the Root Energy Center. Look over pdf. *5-min.*

Day #3 - Root Body Map Assignment. Create the body map of your feet and legs Pdf. *10-min.*

Day #4 - Work on your Root Body Map Assignment. Create an outline of your feet and legs Pdf. *10-min.*

Day #5 - Read BodyMind by Ken Dychwald. Chapter #3 up to pg. 61 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #6 - Why am I rolling on balls? -- What is fascia & Why it is Important? - "Fascia is the missing element in the movement/stability equation," says Tom Myers. Author of Anatomy Trains. Read all about your fascinating fascic system. You'll discover how this little known part of yourself is the missing link to your overall health and healing. Pdf *10-min.*

Day #7 - Roll a golf ball on your feet while looking over the reflexology chart in MindBody. Look at BodyMind (pg. 62 & 63) and take notes on where you feel your pain and tension and what part of the body it relates to — you can make a copy of the reflexology charts. Color in the places that are painful using a red marker as very painful, orange as mildly painful

& yellow as slightly painful. Place these charts in your binder. 15- min.
Video.

Day #8 - Continue Reading BodyMind by Ken Dychwald. Chapter #3 up to pg. 61 - Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #9 - Open your toes. Watch and move with the video *5-min.*

Day #10 – Roll a golf ball on the bottoms of your feet as you connect with the bones, and joints of your feet. Color the bolded items from The bones of the feet pdf in the Anatomy Coloring Book pg. 40. (pdf) 15 min.

Day #11 – Continue to Roll a golf ball on the bottoms of your feet as you connect with the bones, and joints of your feet. Color the bolded items from The bones of the feet pdf in the Anatomy Coloring Book pg. 40. (pdf) 15 min.

Day #12 - Roll a golf ball on your feet to connect with the muscles of your feet -- Color the bolded muscles found on your pdf in The Anatomy Coloring Book pg. 65. (pdf) *15 min.*

Day #13 - Continue to Roll a golf ball on your feet to connect with the muscles of your feet -- Color the bolded muscles found on your pdf in The Anatomy Coloring Book pg. 65. (pdf) *15 min.*

Day #14 - Root Movement Practice #1 - Awaken Your Feet. Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful video. *40-min.*

Day #15 - Go into nature to find roots that represent your ancestors. Take a picture and place the image on a separate piece of paper. You can add

words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #16 - Finish up going into nature to find roots that represent your ancestors. Take a picture and place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #17 - Sit on your toes. Come to all fours with your hands under your shoulders and knees under your hips. Take your toes under and slowly sit back on your heels by walking your hands toward your knees. If possible sit up keeping your ribs in and down and your tail long. Hold and breathe. *5-min.*

Day #18 - Read *Frontiers of Health* by Christine Page, Chapter #7 -- Take notes and place significant finds on your body map. *15-min.*

Day #19 - Continue to Read *Frontiers of Health* by Christine Page, Chapter #7 -- Take notes and place significant finds on your body map). *15-min.*

Day #20 - Open your toes. Watch and move with the video *5-min.*

Day #21 - Root inquiry questions - the feet - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #22 - Work on your Root Inquiry Questions - the feet - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #23 - Finish up your Root Inquiry Questions - the feet - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #24 - Open your feet and ankles. *3-min.*

Day #25 - Go into nature to find an image that matches the feelings of depression and anxiety/fear. Take a picture and place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #26 - Finish up going into nature to find an image that matches the feelings of depression and anxiety/fear. Take a picture and place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #27 - Find pictures of your ancestors and place them on your Root Body Map. Mom's ancestors go on the left foot and dad's on the right foot. *10-min.*

Day #28 - Finish up finding pictures of your ancestors and place them on your Root Body Map. *10-min.*

Day #29 - Full Movement Practice – The Legs. Place any ah haaaas on your body map noting any places of pain with the color-coding system - red equals very painful, orange mildly painful, and yellow slightly painful video. *42-min.*

Day #30 - Read Eastern Body Western Mind by Anodea Judith Chakra One. Take notes and place significant finds on your body map. You'll have two days to complete this assignment

Day #31 - Continue to Read Eastern Body Western Mind by Anodea Judith Chakra One. Take notes and place significant finds on your body map. You'll have one more day to complete this assignment. *10-min.*

Day #32 - Finish up reading Eastern Body Western Mind by Anodea Judith Chakra One. Take notes and place significant finds on your body map. Last day to complete this assignment. *10-min.*

Day #33 - Release your Quads to leg go of your Fear Responses — Fight, Flight or Freeze video *4-min.*

Day #34 - Roll a softball on your legs to connect with the bones and joints of your legs. Color in the bolded bones and joints found on your pdf in the Anatomy Coloring Book pg. 38 & 39 if you have an older or revised edition the page numbers may be different. (pdf) *15-min.*

Day #35 - Continue rolling a softball on your legs to connect with the bones and joints of your legs. Color in the bolded bones and joints found on your pdf in the Anatomy Coloring Book pg. 38 & 39 if you have an older or revised edition the page numbers may be different. (pdf) *15-min*

Day #36 - Roll a softball on your legs to connect with the muscles of your legs. Look over the muscles of the legs and color the bolded items in the Anatomy Coloring Book pg. 60-64 (pdf) *15 min.*

Day #37 - Continue rolling a softball on your legs to connect with the muscles of your legs. Look over the muscles of the legs and color the bolded items in the Anatomy Coloring Book pg. 60-64 (pdf) *15 min.*

Day #38 - Read BodyMind by Ken Dychwald Chapter #3 the legs pg. 64. Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #39 - Finish up reading BodyMind by Ken Dychwald Chapter #3 the legs pg. 64. Take notes for discussion on Group Zoom and for your body map (place significant finds on your body map). *15-min.*

Day #40 - Release your Quads to leg go of your Fear Responses — Fight, Flight or Freeze video *4-min.*

Day #41 - Root Inquiry Questions - the legs - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #42 - Continue to work on Root Inquiry Questions - the legs - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #43 - Finish up your Root Inquiry Questions - the legs - Place significant finds from your inquiry questions on your body map pdf. *15-min.*

Day #44 - Open your legs quick practice video + work on your root body map.

Day #45 - Go into nature to find an image that matches the feelings of anger and frustration. Take a picture and place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #46 - Finish up going into nature to find an image that matches the feelings of anger and frustration. Take a picture and place the image on a separate piece of paper. You can add words or colors to your image. When done place the image in your 3-ring binder pdf. *15-min.*

Day #47 - Find pictures of your mom and dad - place them on your Root Body Map. Mom - Left leg and Dad - Right leg. *10-min.*

Day #48 - Go into nature and find something the color red - Sit before your red object and bring its energy and color into your brain. Visualize a spinning ball of red light like a spinning atom. Notice which direction your

ball is circling — right to left or left to right. The spin can change from one direction to another. Pausing to notice the direction of spin on a regular basis is an important way to connect to your root. Place your object or a picture of it on your body map. *15-min.*

Day #49 - Root to Sacrum Spiral Meditation. Move up from your root energy center to your sacral energy center video *15-min.*

Day #50 - Root Mantra Meditation. The vowel sound of the root is Uh as in huh. Sit comfortably and with each out-breath chant *uhhhhh*. Feel the vibration in your entire system. *10- min.*

Day #51 - Open your legs quick practice video + work on your Root Body Map.

Day #52 - Connect to your Root Body Map.