

## Module #1 - The Root Daily Itinerary 52 Days

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, books and tools you'll need, The Energy System overview and Itinerary (pdfs) *15 min.*

Day #2 - Introduction of the Root Energy Center. (pdf) *5 min.*

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

Day #4 - Complete your Root Body Map Assignment. Create the body map of your feet and legs. *10 min.*

Day #5 - Read BodyMind by Ken Dychwald, Chapter 3, Feet and Legs, pages 47-61 (first half of chapter; revised editions' page numbers may not match). Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. You'll have an additional day to complete this assignment. *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) *15 min.*

Day #7 - Roll a golf ball on your feet while looking over the reflexology chart in BodyMind. Look at BodyMind pages 62 & 63 and take notes on where you feel your pain and tension and what part of the body it relates

to. 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. (video) *15 min.*

Day #8 - Finish reading BodyMind by Ken Dychwald, Chapter 3, Feet and Legs, pages 47-61. 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. (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 Anatomy of the Bones of the Feet pdf in the Anatomy Coloring Book page 40. (pdf) *15 min.*

Day #11 - Roll a golf ball on the bottoms of your feet as you connect with the bones and joints of your feet. Finish coloring the bolded items from The Anatomy of the Bones of the Feet pdf in the Anatomy Coloring Book page 40. *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 The Anatomy of the Muscles of the Feet pdf in The Anatomy Coloring Book pages 63-65. (pdf) *20-30 min.*

Day #13 - Roll a golf ball on your feet to connect with the muscles of your feet. Finish coloring the bolded muscles found on your pdf in The Anatomy Coloring Book pages 63-65. *20 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) *35 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. *15 min.*

Day #16 - Finish 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. *15 min.*

Day #17 - Sit on Your Toes. (video) *5 min.*

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

Day #19 - Finish Reading *Frontiers of Health* by Christine Page, Chapter 7, The Base Chakra. Take notes and place significant finds on your body map. *15 min.*

Day #20 - Open Your Toes. (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. *15 min.*

Day #23 - Finish your Root Inquiry Questions: The Feet. Place significant finds from your inquiry questions on your body map. *15 min.*

Day #24 - Open Your Feet and Ankles. (video) *3 min.*

Day #25 - Go into nature to find images that match the feelings of (1) depression and (2) anxiety/fear. Take pictures and place the images on separate pieces of paper. You can add words or colors to your images. When done place the images in your 3-ring binder. *15 min.*

Day #26 - Finish going into nature to find images that match the feelings of depression and anxiety/fear. Take pictures and place the images on separate pieces of paper. You can add words or colors to your images. When done place the images in your 3-ring binder. *15 min.*

Day #27 - Find pictures of your ancestors and place them on your 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 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: Reclaiming the Temple of the Body. Take notes and place significant finds on your body map. *20 min.*

Day #31 - Continue to Read Eastern Body Western Mind by Anodea Judith, Chakra One: Reclaiming the Temple of the Body. Take notes and place significant finds on your body map. *20 min.*

Day #32 - Finish reading Eastern Body Western Mind by Anodea Judith, Chakra One: Reclaiming the Temple of the Body. Take notes and place significant finds on your body map. *20 min.*

Day #33 - Release your Quads to Let Go of 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 the Anatomy of the Bones and Joints of the Leg pdf in the Anatomy Coloring Book pages 38 & 39. If you have an older or revised edition the page numbers may be different. (pdf + video) *15 min.*

Day #35 - Roll a softball on your legs to connect with the bones and joints of your legs. Finish coloring in the bolded bones and joints found on your pdf in the Anatomy Coloring Book pages 38 & 39. *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 from the Anatomy of the Muscles of the Legs pdf in the Anatomy Coloring Book pages 60-62 (pdf) *15 min.*

Day #37 - Roll a softball on your legs to connect with the muscles of your legs. Look over the muscles of the legs and finish coloring the bolded items on your pdf in the Anatomy Coloring Book pages 60-62. *15 min.*

Day #38 - Read BodyMind by Ken Dychwald, Chapter 3, Feet and Legs, pages 64-78 (second half of chapter; revised editions' page numbers may not match). Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #39 - Finish reading BodyMind by Ken Dychwald, Chapter 3, Feet and Legs, pages 64-78. 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 Let 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. *15 min.*

Day #43 - Finish your Root Inquiry Questions: The Legs. Place significant finds from your inquiry questions on your body map. *15 min.*

Day #44 - Open Your Legs Quick Practice + work on your body map. (video) *10 min.*

Day #45 - Go into nature to find images that match the feelings of (1) anger and (2) frustration. Take pictures and place the images on separate pieces of paper. You can add words or colors to your images. When done place the images in your 3-ring binder. *15 min.*

Day #46 - Finish up going into nature to find images that match the feelings of anger and frustration. Take pictures and place the images on separate pieces of paper. You can add words or colors to your images. When done place the images in your 3-ring binder. *15 min.*

Day #47 - Find pictures of your mom and dad. Place them on your body map, Mom on or near the left leg and Dad on or near the right leg. *15 min.*

Day #48 - Chakra Color Meditation. Go into nature and find something the color red. Collect or take a picture of the red object. Connect with the object with a short meditation. 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 + work on your body map. (video) *10 min.*

Day #52 - Connect to Your Root Body Map. *15 min.*