

## Module #2 - The Sacral Daily Itinerary 52 Days

CREATE WELLNESS - Your Sacral -- Open your pelvic bowl to release guilt, feel your feelings, own your gifts and talents to draw in people that will assist in creating a life of wellness.

Day #1 - Welcome to Your Sacral Energy Center + Itinerary. (pdf) *10 min.*

Day #2 - Introduction to Your Sacral Energy Center. (pdf) *5 min.*

Day #3 - Sacral Body Map Assignment. Create an outline of your pelvic bowl. (pdf) *10 min.*

Day #4 - Complete your Sacral Body Map Assignment. Create an outline of your pelvic bowl. *10 min.*

Day #5 - An Experience with Fascia. Watch Ted Talk. (video) *2 min.*

Day #6 - Let Go of Control Movement Practice. (video) *9 min.*

Day #7 - Read BodyMind by Ken Dychwald, Chapter 4, Pelvis. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #8 - Continue Reading BodyMind by Ken Dychwald, Chapter 4, Pelvis. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #9 - Finish Reading BodyMind by Ken Dychwald, Chapter 4, Pelvis. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #10 - Roll a softball-sized ball, use your fingers and move to explore your pelvis, hips, and lower back to connect with the bones and joints of your pelvis. Color the bolded bones and joints found on your pdf in The Anatomy Coloring Book pages 27, 35-37. (pdf + video) *20-30 min.*

Day #11 - Finish rolling a softball-sized ball, use your fingers and move to explore your pelvis, hips, and lower back to connect with the bones and joints of your pelvis. Color the bolded bones and joints found on your pdf in The Anatomy Coloring Book pages 27, 35-37. *20-30 min.*

Day #12 - Roll a softball on your pelvic bowl to connect with the muscles of your pelvis. Color the bolded pelvic muscles found on your pdf in The Anatomy Coloring Book pages 47-51 & 59. (pdf) *20-30 min.*

Day #13 - Finish rolling softball on your pelvic bowl to connect with the muscles of your pelvis. Color the bolded pelvic muscles found on your pdf in The Anatomy Coloring Book pages 47-51 & 59. *20-30 min.*

Day #14 - Your Emotional Guidance System. You will learn how your emotions got taken away from you, what emotions are for, and how to get your Emotional Guidance System back. You will have an additional day to complete this assignment on Day #16. (pdf + video) *20 min.*

Day #15 - Open Your Pelvic Bowl. (video) *9 min.*

Day #16 - Finish watching the Emotional Guidance System video and reading the EGS pdf from Day #14. ***20 min.***

Day #17 - Sacral Movement Practice #1: The Hips, Pelvis, and Lower Back. (video) *30 min.*

Day #18 - Go into nature and find images that match the feelings of (1) guilt, (2) grief, (3) shame, (4) overwhelm, and (5) pessimism. Place your images on separate pieces of paper. You can add words or colors to your

images. When done place your images in your 3-ring binder. Don't overthink this — feel it! *30 min.*

Day #19 - Complete going into nature and find images that match the feelings of guilt, grief, shame, overwhelm, and pessimism. *30 min.*

Day #20 - Understanding How to Make Your EGS. Get a deeper understanding of how you'll create your Emotional Guidance System and what to do with what you've created so far. (video) *5 min.*

Day #21 - Complete How to Make Your EGS. Review video from Day #20. *5 min.*

Day #22 - Finish Creating Your Lower Emotions of the EGS. *10 min.*

Day #23 - Let Go of Control Movement Practice. (video) *9 min.*

Day #24 - EGS Meditation: Mirroring the Lower Human Emotions. (video) *8 min.*

Day #25 - Practice your Emotional Guidance System Medication again using the video from Day #24. *8 min.*

Day #26 - Let Go of Control Movement Practice. (video) *9 min.*

Day #27 - Read *Frontiers of Health* by Christine Page, Chapter 8, The Sacral Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #28 - Finish reading *Frontiers of Health* by Christine Page, Chapter 8, The Sacral Chakra. Take notes for discussion on Group Zoom and for your body map. Place significant finds on your body map. *15 min.*

Day #29 - Open Your Lower Back Quick Practice. (video) *5 min.*

Day #30 - Sacral Inquiry Questions: The Hips, Pelvis and Lower Back. Place significant finds on your body map. (pdf) *15 min.*

Day #31 - Work on your Sacral Inquiry Questions: The Hips, Pelvis and Lower Back. Place significant finds on your body map. *15 min.*

Day #32 - Complete your Sacral Inquiry Questions: The Hips, Pelvis and Lower Back. Place significant finds on your body map. *15 min.*

Day #33 - What Have You Created in Your Life? List three things you've created that make you smile when you think of them. Place images or words that describe your creation on your body map. *5 min.*

Day #34 - Finish What Have You Created in Your Life? List three things you've created that make you smile when you think of them. Place images or words that describe your creation on your body map. *5 min.*

Day #35 - What Do You Want to Create? List the top one to three things that you'd like to create and place the description or an image of your dream on your body map. *5 min.*

Day #36 - Finish What Do You Want to Create? List the top one to three things that you'd like to create and place the description or an image of your dream on your body map. *5 min.*

Day #37 - Sacral Movement Practice #2: The Hips, Lower Back & Pelvis. Place any Ah Haaaa's on your body map noting any places of pain with the color-coding system — red equals very painful, orange mildly painful & yellow slightly painful. (video) *48 min.*

Day #38 - What Are Your Gifts and Talents? List your gifts and talents on your body map. Read the What Are Your Unique Gifts and Talents pdf for clarity. (pdf) *10 min.*

Day #39 - Finish What Are Your Gifts and Talents? List your gifts and talents on your body map. *10 min.*

Day #40 - Own Your Gifts and Talents. Use your gifts and talents to create something. Your gifts and talents are there for you to connect to others. Share what you've created with us on the Heal.thy Self Facebook page. *15 min.*

Day #41 - Finish Own Your Gifts and Talents. Use your gifts and talents to create something. Your gifts and talents are there for you to connect to others. Share what you've created with us on the Heal.thy Self Facebook page. *15 min.*

Day #42 - Release Fear Quick Movement Practice. (video) *5 min.*

Day #43 - Make Your Modern-Day Dream Board. You don't have to get out your scissors and a stack of magazines to make a dream board — make a modern-day dream board using Pinterest. (pdf) *15 min.*

Day #44 - Complete Your Modern-Day Dream Board. *15 min.*

Day #45 - Read Eastern Body Western Mind by Anodea Judith, Chakra Two: Swimming in the Waters of Difference. Take notes for your body map. Place significant finds on your body map. *30 min.*

Day #46 - Finish Reading Eastern Body Western Mind by Anodea Judith, Chakra Two: Swimming in the Waters of Difference. Take notes for your body map. Place significant finds on your body map. *30 min.*

Day #47 - Sacral Movement Practice #3: Release Fear. (video) *40 min.*

Day #48 - Chakra Color Meditation. Go into nature and find something the color orange. Collect or take a picture of the orange 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 Sacral Spiral Meditation. Move up from root to sacral. Get comfy and listen to move your energy up from your root to sacral. You'll be feeling so grounded and creative after this meditation. (video) *13 min.*

Day #50 - Mantra Meditation. The vowel sound of the sacral energy center is oo as in you. Sit comfortably and with each out-breath chant *ooooo.* *10 min.*

Day #51 - Work on your Sacral Body Map. *10 min.*

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