

Age Less Move More

Root Chakra Movement Sheet



Tree Pose

From standing with your feet inner hip-width apart, press into the outer edges of your heels, lift and spread your toes and set them gently back into the earth. Drop your tail down, take your ribs in and down and roll your inner arms out squeezing your scapula together.

When ready stand on your right foot and slowly bring your left heel to the

inside of your right ankle. if necessary stand near a wall to help you balance. If you can bring your left foot up as far as you can toward your inner right leg grab your ankle if you can and place your left heel to the inside of your right inner leg. Push your heel into your inner leg and your inner leg back into your heel. Hold and if possible take your hands into prayer position and slowly take your hands and arms overhead. Hold and breathe.

Take your arms down and your left foot back to the floor and from standing switch sides.

Stand on your left foot and slowly bring your right heel to the inside of your left ankle. if necessary stand near a wall to help you balance. If you can bring your right foot up as far as you can toward your inner left leg grab your ankle if you can and place your right heel to the inside of your left inner leg. Push your heel into your inner leg and your inner leg back into your heel. Hold and if possible take your hands into prayer position and slowly take your hands and arms overhead. Hold and breathe.

Balance is the key to thriving on the wild edges of your life.