

Root
Muladhara



Security, Safety, Survival

- **Location:** Base of Spine
- **Color:** Red
- **Element:** Earth
- **Seed Sound:** LAM
- **Gland:** Adrenals



Chair Pose
Utkatasana



Warrior II Pose
Virabhadrasana II

Affirmations:

*I am safe and secure
I love my body
I am protected*



Bridge Pose
Setu Bandha Sarvangasana



Mountain Pose
Tadasana



Standing Forward Bend Pose
Uttanasana