

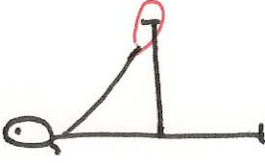








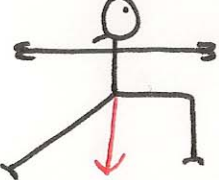
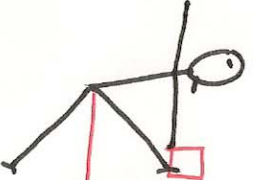


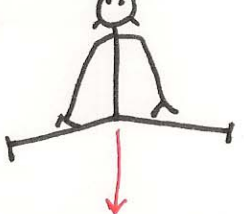
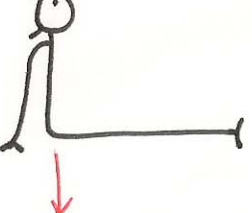


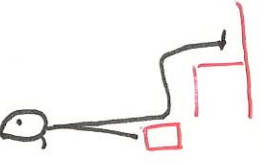


Embodying the Earth element with grounding and standing poses to build stability and foundation.

 <p>Grounding Cord Meditation</p>	<p>Grounding Energy</p>  <p>Bhu Mudra Point index and middle finger at floor, curl ring and pinkie into palm, hold with thumb</p>	 <p>Supta Padangusthasana</p>	 <p>Apanasana</p>	 <p>Squat / Uttanasana</p>
 <p>Tadasana Grounding Cord & Bhu Mudra</p>	 <p>Vrksasana Grounding Cord & Bhu Mudra</p>	 <p>Uttanasana</p>	 <p>Adho Mukha Svanasana</p>	 <p>Balasana</p>
<p>Calm Center</p>  <p>Adhi Mudra Make soft fist with thumb tucked inside</p>	 <p>Virabhadrasana II Grounding Cord & Bhu Mudra</p>	 <p>Trikonasana Grounding Cord & Bhu Mudra</p>	 <p>Adho Mukha Svanasana</p>	 <p>Baddha Konasana</p>
 <p>Upavista Konasana</p>	 <p>Dandasana</p>	 <p>Apanasana</p>	 <p>Setu Bandha</p>	 <p>Instant Maui</p>