

# Earth Element & Root Chakra

Grounding - Stable - Calming



## Prithivi Mudra ~ 'Earth'

**"I Am Fully Present, Rooted on this Earth."**

- Instills a sense of grounding and relaxation.
- Encourages an experience of presence and inhabiting the physical body and the Root Chakra between sitting bones.
- Helps to lengthen the spine to physical improve posture.
- Reduces stress and blood pressure and aids eliminatory health.

Try practicing Prithivi Mudra with Sunbird, Tree, and Warrior Poses



## Murti Mudra ~ 'Body, Form'

**"Inner Steadiness and Strength Calm Me"**

- Enhances awareness of physical body which aids the health of the Root Chakra and musculo-skeletal system.
- Cultivates steadiness, strength and deep calm.
- Great for anxiety, allows feelings of comfort and equanimity.
- Brings you into the present moment and aids meditation.

Practice with Squat, Goddess & Mountain Poses

