

*Rooting and Rising*  
*Kathy Ornish, 2008*

**USE THIS BHAVANA (ATTITUDE AND FEELING) THROUGHOUT THE PRACTICE, ESPECIALLY WHERE NOTED**

**BHAVANA:**

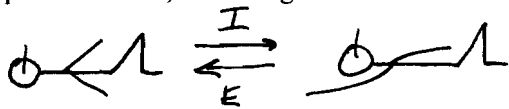
As you inhale, imagine the breath moving up the spine and feel yourself aspire upward toward the sky.

As you exhale, imagine the breath moving down the spine and feel yourself grounded and rooted to the earth.

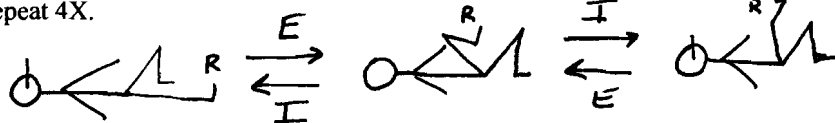


Deepen the breath and feel/imagine the bhavana with the breath.

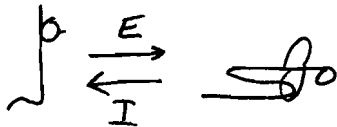
2. Lying arm raises - feel the upward motion as you lift the arm  
 Repeat 4-6X each, alternating sides.



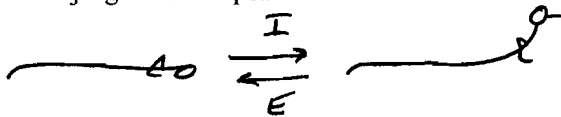
3. Lying Leg extensions - feel the connection through the feet as you press the leg upward - alt. legs  
 Repeat 4X.



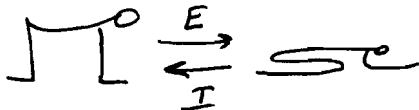
4. Vajrasana - repeat 6X



5. Bhujangasana - repeat 6X

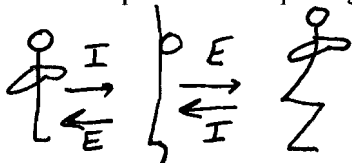


6. Chakravakasana - Repeat 6X



7. Tadasana plus shallow squatting - Repeat both 4X

**IN - up/rise EX - down/root**



8. Virabhadrasana I - Repeat 4X; Repeat 4X

**IN - up/rise EX - down/root**



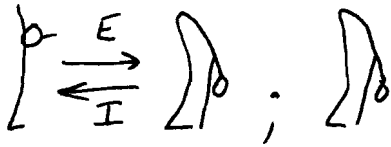
9. Tree Pose - Stay 4-6 breaths on each side

**IN - up/rise EX - down/root**



10. Uttanasana - Repeat 4X; Stay 4B

In the stay, exhale and root

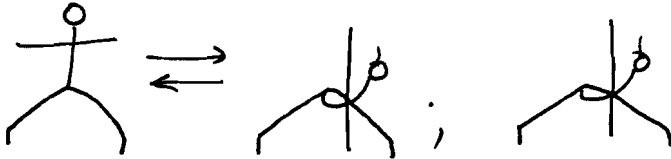


11. Virabhadrasana II - Stay for 4 breaths

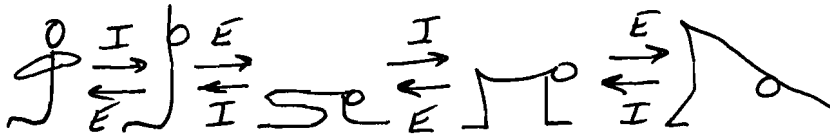
IN - up/rise EX - down/root



12. Parivrtti Trikonasana - Repeat 4X, alternating sides; Stay 4 Breaths



13. Vajrasana/Chakravakasana/Downward Dog - Repeat 4-6X



14. Godham Pitham (optional for stronger practice) IN - up/rise EX - down/root



15. Gomokasana (optional for stronger practice)

IN - up/rise EX - down/root



16. Marichyasana (optional for stronger practice)

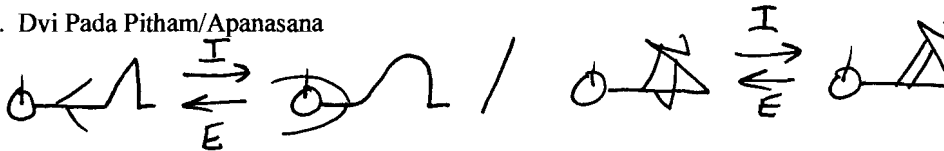
IN - up/rise EX - down/root



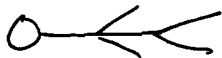
17. Pascimatanasana - Repeat 4X; Stay 4B



18. Dvi Pada Pitham/Apanasana



19. Savasana



20. Pranayama - Nadi Shodhana (alternate nostril breathing)  
Ratio: 2:1:4:0



21. Meditation on the breath.  
At the end, feel grounded, vital, empowered, connected, and spacious.