



pathways
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Pathways 2021 Yoga Series

January 28 — I Am

February 11 — I Feel

February 25 — I Can

March 11 — I Love

March 25 — I Speak

April 8 — I See

April 22 — I Know

THE SEVEN CHAKRAS

The main energy “highway” is the spine and it has seven primary centers of energy.

In yoga we call these Chakras.



Pathways Yoga Series Session #1

Energy Center: ROOT

What is Yoga?



I Am

Grounded

Stable

Secure

Safe

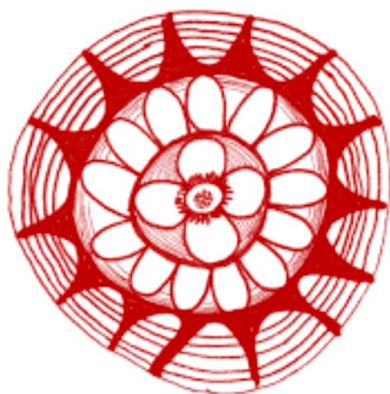
Balanced

I am more than
my physical body

The Layers of the Body

Physical

Mental



Emotional

Energy

Energy, the Human Body, and Yoga

- Energy is the core of everything.
- We have hundreds of energy pathways in the body.
- The main energy “highway” is the spine and it has seven primary centers of energy. In yoga we call these Chakras.
- Two tools of yoga, asana (postures) and pranayama (breath), help us to direct energy where we need it.

“Energy is the essence of life. Every day you decide how you’re going to use it by knowing what you want and what it takes to reach that goal, and by maintaining focus.”

— Oprah Winfrey



Rooted — Grounded



Uprooted — Not Grounded

Key Thoughts to Remember

- Yoga has several meanings. We can think of it as a set of tools for living that helps us be more mindful, calm, and aware of the connection between our physical, mental, emotional and energetic body.
- We can use our breath to direct energy where we need it.
- The first energy center is at the base of the spine and is associated with feeling safe, secure and supported. Through practice we can take the yoga experience and feeling of being rooted and grounded into everyday life.



Reflection



Give time and energy to that which you
want more of in your life.

Namaste.