

*This warm up routine prepares you for chanting from your Root Chakra, like we do in Chant 1. A good Root chant vibrates down your entire body deep into the base of your body, (your pelvic floor). In order to be able to do so, you need your entire body to be loose and flexible, to block the vibration as little as possible. This simple routine is designed to remove tension that block the chant from resonating deep into your body.*

**Main Benefits:** Loosens, clears and softens the Root chakra, opening us to the abundance and support of life around us. It can help us feel more grounded and, in so doing, is calming and centering when we're feeling stressed and emotional.

**Body Parts Used by This Exercise:** Abdominals; other breathing muscles including front and back of chest, obliques, neck, shoulders, throat.

**Combines Well with:** Meditation 1 or 2

**Warms You Up for / Builds You Up for:** Breathing exercises 13, 17, 18, 22B; Breathing Theme 19, 22B; Other Chants; Other Meditations

**Build Up to with / Warm Up with:** Abdominal Lifts 1 & 2; Abdominal Breathing; Breathing Warm Up 1, 2 or 3; Breathing Exercises 2, 2.5, 5, 17, 18, Ujai Breathing 1; The Fountain; The Sponge; Waves on the Shore; Core Breathing; Hip Openers such as Butterfly, Butterfly Extension, Butterfly Prep Pose 2, Butterfly Prep Pose 1, Dead Bug, Happy Baby, Hip Opener, Frog & Jumping Frog, Pigeon poses, Spider poses, Leg Fold 2, Side Splits; Outer Hip stretches such as Leg Over 1 & 2, Hip Rolls, Simple Side Bend, Triangle Poses, Twists, Standing Wide Angle with Twist, Sitting Wide Angle with Twist, Half Moon, Knee Stretch, Side to Sides; Lunges including the basic Lunge, Sideways Lunge, Modified Side Stretch 1, Modified Side Stretch 2; Skier's Pose, Cat 1, Cat 2, Centering Exercise



**Good for These Practice Goals:** Singing, Voice Work; Better Breathing; Better Sleep; Calm; Clearing Cleansing & Energizing of the Root Chakra; Chair Friendly; Energy Healing; Flexibility of the Sacrum, Abdominals, Lower Back, Hip Rotators, Inner Thigh, Groin; Morning Yoga; Pregnancy Yoga; Seniors Yoga; Meditation Warm Up; General Meditation; Meditation for Present Mindedness, Calm, Focus and / or Peace

**Recommended for These Health Conditions:** asthma; bronchitis; pneumonia; lung removed; fibromialgia; chronic headaches & migraines; headache or migraine happening at the moment of doing your routine; high blood pressure; heart condition; cancer; fresh or chronic injury or surgery of lower back; IBS; menopause & pre-menopause, menstruating (having your period) at the moment of doing your routine; pregnancy-throughout; sciatica; hyperactive; attention deficit; sleeping difficulties; mind races

**Best for Flexibility or Strength:** Flexibility

**Traditional Pose Type:** Breathing Exercise; Meditation

**Energy Center Used:** Mostly Root, but also includes Belly, Solar Plexus, Heart & Throat.

**Try Learning First:** Breathing Exercise 2.5, 5, 13, 17, 18, The Sponge, Abdominal Breathing

**Essential Pre-Requisites:** Abdominal Breathing, The Sponge, Breathing Exercise 2.5

## Warm Up Routine for Chant 1

Level 3 – 5 Difficulty

This full routine takes 45 – 60 minutes. It's broken down into segments that work well by themselves as shorter warm ups for your chanting. Except for the Breathing Warm Up, use a Green Level Breathing Theme, like *Breathing Theme 15 – The Sponge*. In each case, (except the Abdominal Lifts and Butterfly Breathing), hold the pose until your body has reached the limit of your ability to stretch, even with the assistance of *The Sponge*.

### Breathing Warm Up

For this first part of your routine, the Breathing Warm Up, use either *Breathing Theme #2.5 – Pausing Your Breathing*, or, better yet, *Breathing Theme 5 – Extending Your Breath*.

Do these first 5 poses in sequence and do the sequence 2 – 3 times.

#### 1. Abdominal Lifts 1

Between rounds pause and feel the muscles letting go and relaxing.



#### 2. Butterfly Breathing

10 – 15 repetitions.

Remember to make in breath in very full and each breath out very empty.



#### 3. Lion Once.

As long as you're breathing out you're opening your jaw wider and wider and having your tongue come into the room more and more.



#### 4. Simple Side Bend

Each breath in, reach up more and more. Each breath out, feel your body sinking down into the stretch more deeply.

#### 5. Neck Stretch

**Tip:** Be sure to keep your shoulders dropped and level with each other.



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#### 6. Sun Salutations at your own level of practice - 2 or more rounds.

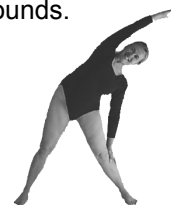
Take your time at each station, holding the pose for several breaths as you imagine the Sponge visualization, sending the 'water' to the stretching muscles.



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#### 7. Moon Salutations at your own level of practice.

2 or more rounds.

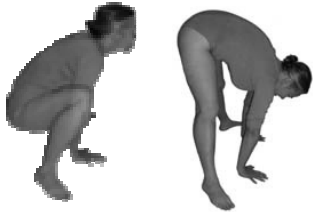


## Chant 1 – Warm Up Routine (Level 3 – 5) continued

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### 9. Frog & Jumping Frog

As you hold the **Frog**, feel your sacrum and root stretching, softening, dropping toward the ground. **Then do 3 - 5 repetitions of Jumping Frog** in rhythm with your breath. Feel your hips and root lifting directly upward from the ground as you breathe in. As you breathe out, feel your breath 'sinking down toward your root and into the ground'.



**Then hold the Frog one more time.**

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### 10. Chest Expansion 3 alternating with Eagle's Wings

#### 2 – 3 Rounds

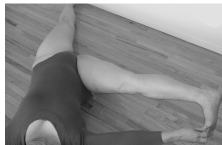
After each round of Chest Expansion 3, do a full round of Eagle's Wings; (once for each arm on top is a round). Remember to use your *Sponge*



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### 11. Happy Baby & Dead Bug, followed by Knee Stretches

Do one round of Happy Baby, going directly into Dead Bug. Remember to use your *Sponge* visualization for each. Then 2 repetitions of Knee Stretches, alternating sides. Again, use the *Sponge* visualization.



### 12. Hip Opener & Leg Over 2

One round of each, using the *Sponge*



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### 13. Leg Fold 1

When you're done, give your legs a nice hug. Hold that for a few breaths using the *Sponge* visualization.



### 14. Rock & Rolls

**5 – 10 rocks** along your lower back, giving it a gentle massage. Finish by rocking up to a seated position, setting you up for chanting.

