



Fire Energy Center

Honoring the fire element

Cultivating strength, discipline, will power, personal power, and respect
for the resilience of the natural world

Breathe deeply and slowly with Ujjai. Listen to the sound of the breath as if coming from the navel center. Breathe the sound "so" into the navel. Exhale "hum" from navel to your roots. Become aware of the fire element feel a deep desire to focus on what is truly important in your life. Then commit—decide to follow that path with discipline and perseverance to support your goal.

Fire is: passion, desire, yearning, focus, discipline, determination, courage, clarity, and purification

Food prayer: I gratefully receive this food. This food will bring me nourishment and help my body to feel connected. Thank you, food. As you swallow-feel full joy.

Color—Yellow

Mantra—Ram

Others: "I am clear" and "I am focused and determined"

The light of fire is the alchemical path towards transformation.

Oils: frankincense, cedarwood, dragonsblood

Herbs: ginger, cloves, allspice, lime, heliotrope, bay

- **Fire Mudra:** make fist: thumb inside for less fire, thumb on top for more;
- **Agni mudra:** left hand on navel, right hand on top of left, thumbs point upwards (forming a triangle at navel center)

Pranayama: Kapalabhati, Bhastrika, Antara Kumbaka, Surya Bhedhasana



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Visualizations

Candle light & trataka—candle gazing

Inhale and breath light in from your root to your crown, exhale through the crown and send radiant light out into the world for all sentient beings

Light Candles

Agni Saura (stomach pumping on empty breath)

Asana for Fire

Seated Bhastrika or Kapalabhati (or Ujjai if needed) with Agni Mudra

Supine spinal release (hug legs one at a time)

Core focus: criss cross legs, 108 bicycles

Baddha Konasana

Fore arm plank (2x 1 minute hold)

mountain climbers (jogging in plank or on knees)

Side plank

Down Dog

Uttanasana (with variations)

Utkatasana and variations

lunge with thigh stretch

Standing postures- all postures: Vira 1, 2, 3, Triangle, Side Angle, Pyramid

Twisting triangle

Tree Pose—with agni mudra

Gaiasana- temple variations and fold

Squats

Salabhasana, Dhanurasana

Setu Bandhasana

Jathara Parivartanasana

Baddha Konasana

Light meditation: Mantra "I am Clear"



Roots Energy Center

Weekly Yoga Plans

Empty rectangular box for the first weekly yoga plan.

Empty rectangular box for the second weekly yoga plan.

Empty rectangular box for the third weekly yoga plan.

Empty rectangular box for the fourth weekly yoga plan.



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Journal Prompts

What is your relationship to fire?—fear? courage?

What are the qualities of a balance with fire? Focus? Willpower? determination?

What are you passionate about? How is that a fiery quality?

How do you care for and show reverence for Fire? Ceremony? Meditation? Other?