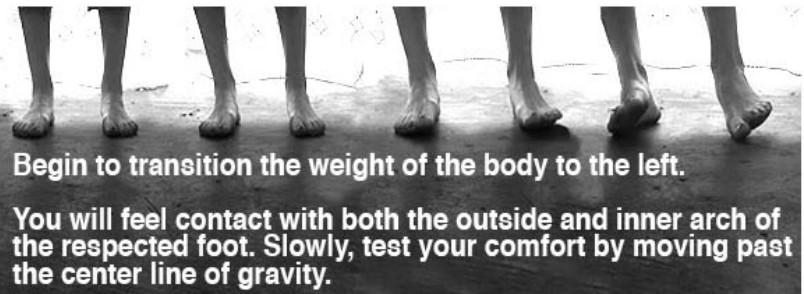
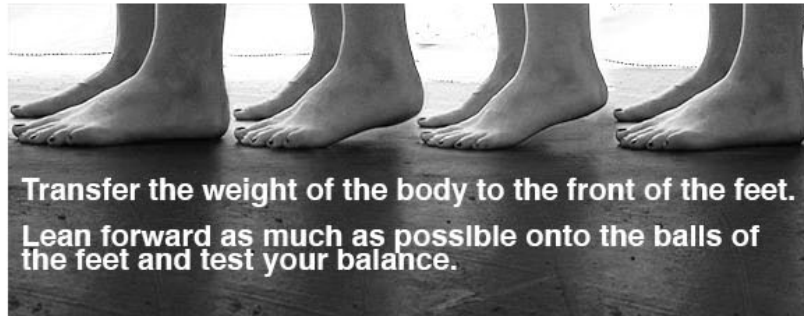
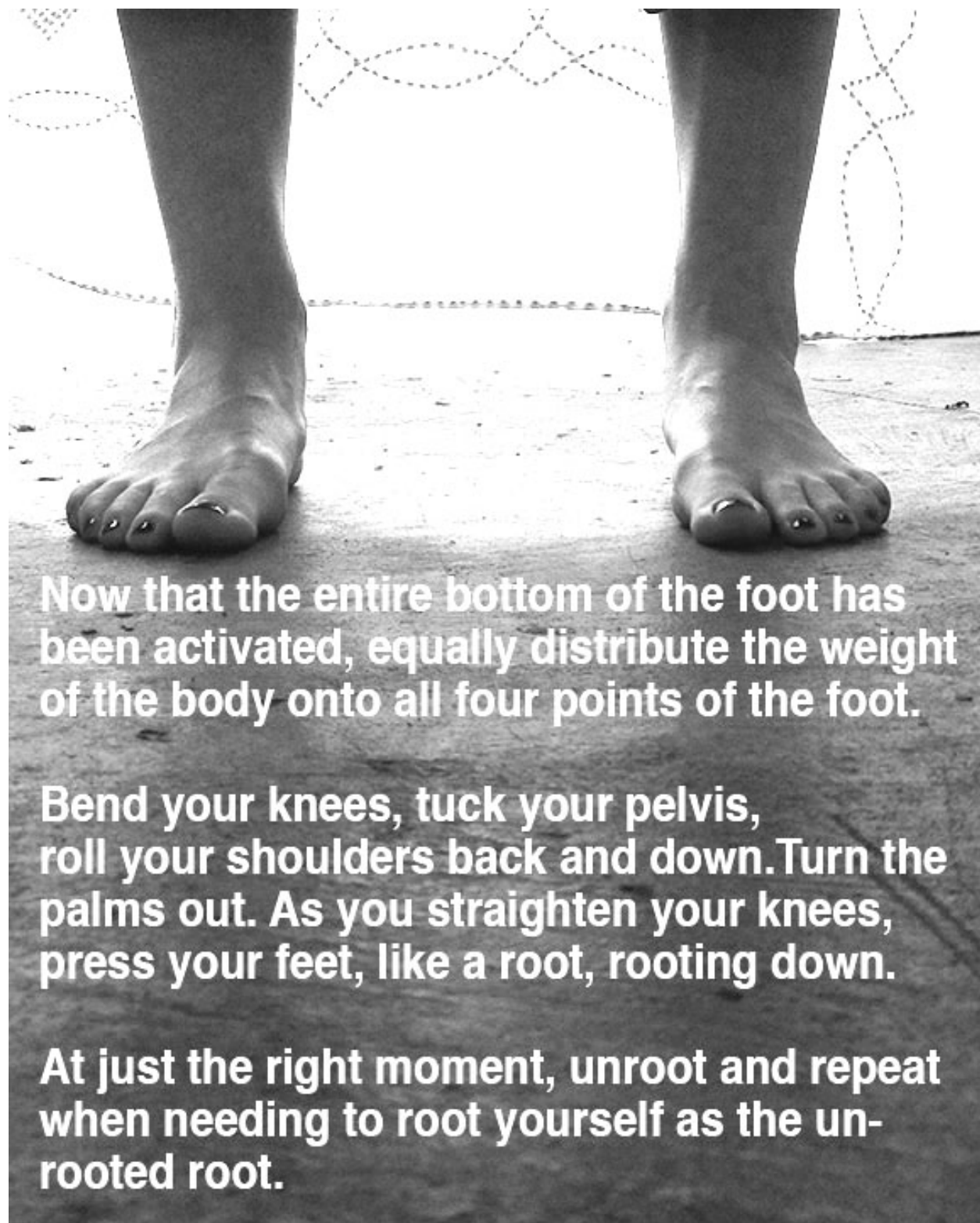


AsThe Unrooted Root





Now that the entire bottom of the foot has been activated, equally distribute the weight of the body onto all four points of the foot.

Bend your knees, tuck your pelvis, roll your shoulders back and down. Turn the palms out. As you straighten your knees, press your feet, like a root, rooting down.

At just the right moment, unroot and repeat when needing to root yourself as the un-rooted root.