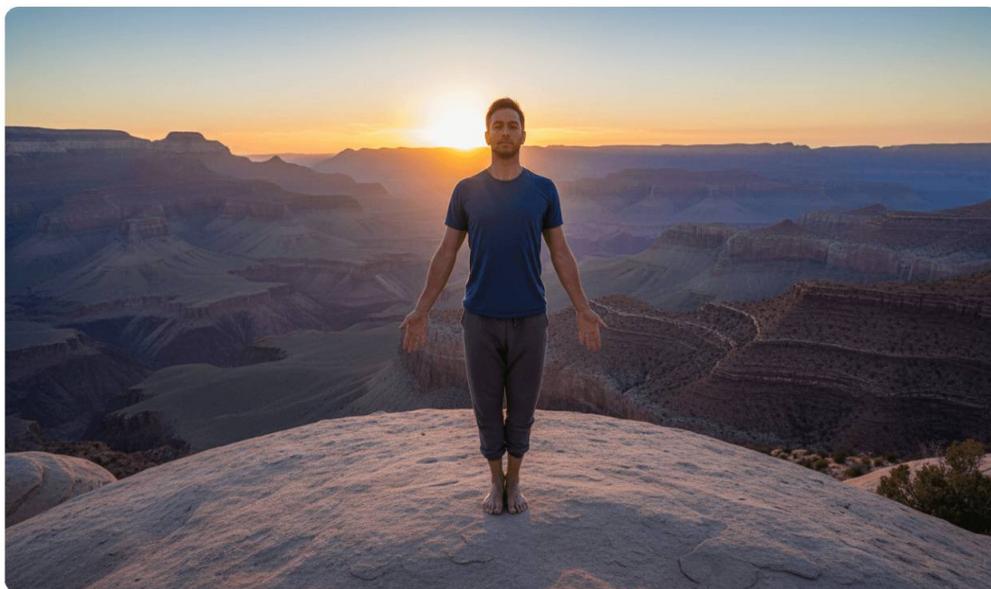


# A Beginner's Guide To Yoga For Men: Part 1 - The Root Chakra

Welcome. This guide is designed for men new to yoga, focusing on foundational strength and mental clarity. We begin with the **Root Chakra**, your energetic foundation for feeling grounded, stable, and secure in your physical body.



## I. Understanding The Root Chakra (Muladhara)

The Root Chakra, or Muladhara, is the first of seven primary energy centers in the body. Located at the base of your spine, it is your foundation. When balanced, it provides a profound sense of stability, safety, and connection to the physical world.

### Focus: Grounding

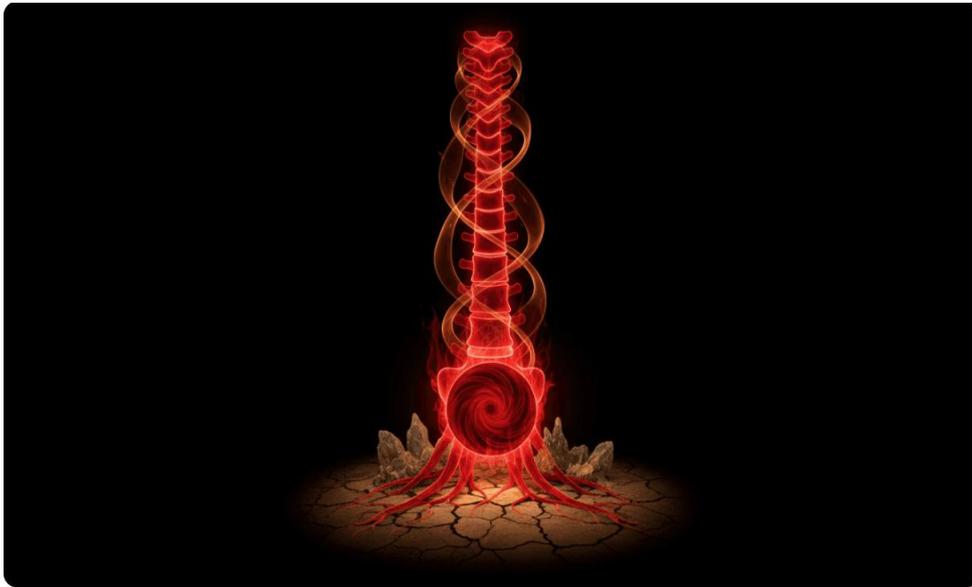
This is the feeling of being present and connected to the earth. It counters anxiety and a scattered mind, helping you feel "here" and solid.

### Focus: Stability

This relates to both physical steadiness in your posture and emotional resilience. It's the inner strength to withstand life's pressures.

### Focus: Physical Identity

This is about feeling at home in your body, respecting its strength and limits, and building a positive connection to your physical self.



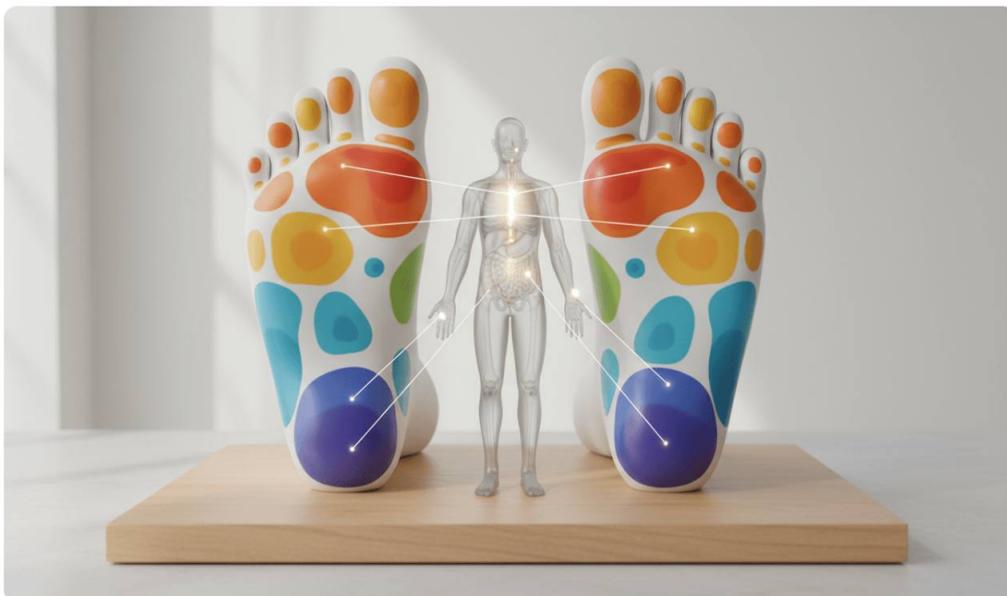
## II. Foundational Practice: Mountain Pose (Tadasana)

Tadasana is the blueprint for all standing poses. It teaches you how to stand with purpose—rooted, strong, and alert. It is the perfect physical expression of a balanced Root Chakra.

### A. Step-By-Step Instructions

#### 1. Stand Tall With Feet Hip-Width Apart

Begin by standing with your feet parallel, roughly hip-width apart. Distribute your weight evenly across the four corners of each foot: the ball of the big toe, the ball of the little toe, and the inner and outer heels.

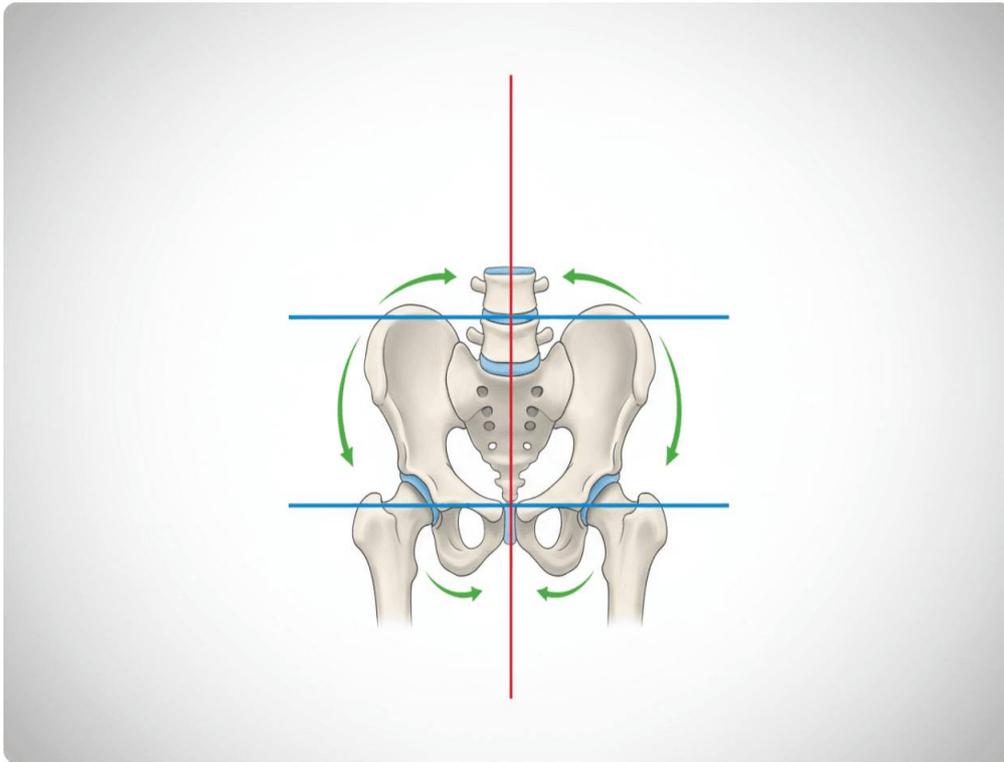


#### 2. Engage Your Legs

Gently lift your kneecaps by engaging your thigh muscles. Do not lock your knees. Feel the strength and stability rising from your feet up through your legs.

#### 3. Align Your Pelvis

Find a neutral pelvic position. Avoid arching your back or tucking your tailbone too aggressively. A slight, gentle tuck of the tailbone downward will help lengthen your lower back.



#### **4. Open Your Chest**

Roll your shoulders up, back, and then down, away from your ears. Your palms should face forward. This opens the chest and allows for full, deep breathing.



#### **5. Lengthen Your Neck**

Imagine the crown of your head being pulled gently toward the ceiling. Keep your chin parallel to the floor. Your gaze is soft and forward.

#### **6. Breathe And Visualize**

Hold the pose for 5-10 deep breaths. With each inhale, feel stability. With each exhale, release tension. Visualize a steady, red glow at the base of your spine, connecting you to the ground.



## B. Key Benefits

Physical Benefit	Mental / Energetic Benefit
Improves posture and reduces back pain	Builds focus and present-moment awareness
Strengthens legs, ankles, and core	Reduces feelings of stress and anxiety
Increases overall body awareness	Fosters a sense of inner stability and confidence

## III. Building Your Routine

Consistency is more important than duration. Start small and build a sustainable habit.

### A. Practice Frequency

Aim to practice Tadasana for 3-5 minutes, 3-4 times per week. You can do it upon waking, during a work break, or as a centering practice before bed.

### B. Mindful Integration

Bring the principles of Mountain Pose into your daily life. Notice your posture when you stand in line or wait for your coffee. Grounding is a practice you can access at any moment.