1st Chakra – Inspiration / Eleni Ntaga

1. Μουσική

<https://youtu.be/-6mYCjUrHtg?si=ANxkqPqMNbULHwff>

*Moves attention towards the body*

1. Body practice: Malasana

*Helps letting go*



1. Sound: footsteps

*Our sound as two legged beings forms music, imagine listening to all footsteps of people walking right now on earth*

1. Image: soil *What we all become*
2. Colour: black & red like lava



*A different kind of core heart*

1. Taste: sweet

*Dig in to earth to find your sweet tasted truth*

*comforting like the taste of beetroot or potatoe*

1. Dance: Aborigines of Australia

<https://youtu.be/SedA7w8vy9g?si=Xop0UwCtsGIIS507>

*mud on the body, hit the ground with your feet and let the earth rise through you*