



Flourishing in the Garden

Session by Session Guide



Session 1

Root Chakra ~ Stability ~ Earth

Permaculture Principles: #1: Observe and Interact, #9: Use small, slow solutions
Shapes/Practices: Childs pose // Goddess or Deep Squat
Other Practices: Walking observation meditation, plant lesson, planting/preparing garden space.

Session 2

Sacral Chakra ~ Creativity ~ Water

Permaculture Principles: #2: Catch and Store Energy, #12: Creatively Use & Respond to Change
Shapes/Practices: Cat-Cow // Sun A
Other Practices: Pot design/decoration, garden observation, planting methods, make and try a smoothie.



Session 3

Solar Plexus Chakra ~ Power ~ Fire

Permaculture Principles: #7: Design from Patterns to Detail
Shapes/Practices: Seated twist // 2-legged table // Goddess Hal
Other Practices: Walking garden observation, values assessment, interoception article, garden management lesson, progressive relaxation.

Session 4

Heart Chakra ~ Compassion ~ Air

Permaculture Principles: #4: Self-regulate; Accept feedback
Shapes/Practices: Ana hata kriya(heart flow) // Forest of Trees
Other Practices: Walking garden observation, heart meditation, soil management lesson, journal activity on self-love.



Session 5

Throat Chakra ~ Expression ~ Ether/Space

Permaculture Principles: #5: Use and Value Renewables, #10: Use and Value Diversity
Shapes/Practices: Lion's Breath // Bee Breath
Other Practices: Youth teaching youth activity, resource management lesson.

Session 6

Third Eye Chakra ~ Intuition ~ Light

Permaculture Principles: #6: Produce no Waste, #8: Integrate rather than segregate
Shapes/Practices: Seated Meditation // Visualization
Other Practices: SMART Goal Setting, integrating your growing space.



Session 7

Crown Chakra ~ Gathering Together ~ Thought

Permaculture Principles: #3: Obtain a Yield
Shapes/Practices: Partner Breath work // OMs
Other Practices: Journal reflection, harvest abundance lesson, gratitude journal.

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