



Video Transcript

Yoga To Connect To The Elements

Hello everyone. Let's take a yoga journey through the elements. We're going to start with the element of earth, connected with the earth in a supported bridge position. So I invite you to get one of your yoga blocks and let's lay down on the mat on that

cedar slat on the air. Gently lift up the hips and choose your adventure with the height of the block. Whether you're using the lowest, the medium, or the highest setting feels best for you in this moment, place the block right underneath the sacrum. That's the flat spot of the back where the hips and the lower back meet.

So you should feel fully supported here. There should be no space between the body and the block beneath it. Seek. You can roll the shoulders away from the ears and allow the shoulder blade to spread out down the back. Body. Hands are down by the sides, with the palms down. Take a moment to tune into the grounding energy of this position.

The hands charney push into the earth so that the heart center looks slightly, the feet pressed evenly into the earth, inner and outer feet alike.

Grieve deeply.

Notice the way that the earth truly supports you in this position. To support of the Earth is always available for us to tune into

Braden deeply. And exhale. Inhale. Root down with the right foot and lift the left foot up off the ground. Bring the knee in and exhale. Set the foot back down. Switch sides, left foot roots.

Inhale right knee in and exhale down. Inhale left. Exhale down. Inhale, right. Exhale down. One more time. Each side left and down.

Inhale right and release. Gently lift the hips from the block and remove the block out from underneath you. Take a moment. Keep the hips lifted, breathe in, and as you exhale, gently drop the sacrum, drop the hips down to the earth, and feel that connection of hips to the ground. Then lift and drop. Lift and drop, and find a rhythm.

You can speed this up if it serves you.

We're connecting. The element of earth and water here for water is oftentimes associated with the hips, our creative center and our ability to find the flow within the body and within our lives. A few more times. Now lift the hips up off the ground option to interlace the hands behind the back body and crawl the shoulder blades together.

Wrists press into the earth and you could always just keep the palms flat on the ground. Knees continued to stay directly above the ankles. Shift onto the right foot and cross the left ankle over the right knee. A figure four variation within the bridge pose. Deep breath in. Lift the hips a little more.

Exhale, step the left foot down, root down with the left foot. Inhale, lift the right. Exhale, right angle crosses over the less lean figure for

breathe and lick the hips. Exhale, step the right foot down. Rise up to your tippy toes and walk the feet a little bit closer in towards the body so that you can find even more. Lift in the hips, hips to the sky. Breathe in.

Exhale, heels lower to the ground. Release the hands from behind the back and lower yourself to the earth. Take the arms out to the sides with the palms down and lift the feet up off the ground. Start with the breath in. Exhale, drop the knees over to the right side, and only take the knees as far over as you can with the left shoulder blade.

Staying grounded on the earth. Inhale, lift the knees to center and exhale, take them over to the left side. Knees, press together, core engages. Inhale to center. Exhale to the right, inhale to center. Exhale to the left. Continue this movement and feel the way that the center engages. Only because the hands could continue to stay rooted on the earth.

This movement will be much more challenging if you didn't have the groundedness of the arms against the earth connect element of Earth with the element of fire.

Our core or our solar plexus is oftentimes associated with the elements of fire

within our center that the yogic fire lives, and that's the fire that burns right behind everything that we love, our passions, our desires.

It is a fire from our center that ends up warming and melting the heart. One more time each side,

lifting these back up. Lower the feet down to the ground. Take a moment to breathe. Now place the arms right down by the sides with the backs of the arms, the triceps on the earth. Lift the feet up off the ground, and you will transition into a shoulder stand. Forearms anchor, bring the knees in towards the body.

Tailbone lifts up off the floor. Once the hips are lifted, hatch the hips in the hands and the hands can fully support the hips here. Straighten the legs, maybe elbows inch together in the back body. If you'd like to continue to hold the hips in the hands in this way, and you'll be in half shoulder stand.

And if you'd like to use the hands to guide the hips forward with the legs straight up in the air, we find our way into full shoulder stand. Uniting the element of earth and the element of air. As the feet are up and lifted, took a breathen exhaled, gently roll the spine back down to the ground, guide the hips down to the ground.

We'll take one hand behind each leg and begin some forward back spinal rolls. They can always angle the body to roll out each side body.

Now cross the ankles and rock all the way up and over into table.

Take the right knee and slide the right knee directly between the hands, top of the right foot, inches out in front of the left knee. The left leg backs up. Until you begin to feel that stretch in the mirror and outer hips. Hi, pose here. We'll start connecting to the element of water even more with this deep hip opening position.

Take the hands out to the sides and you can have a fingertips touching the earth a little bit wider than the mat. You can also use block here to give yourself being and more lift. One thing to keep in mind about pigeon pose is we're not sitting down on the right glute. Instead, the hips and the heart center face forward.

Inhale, lift your heart. Gaze up at the sky. Stretch the throat. Stretch the heart. As you exhale, bend into the elbows, roll the spine down. Inhale. Tuck the chin to the chest to rise up. These up. Exhale, roll it. Find the flow. Inhale, lift, exhale. Inhale, rise. Nice fluid. I exhale. One more time. Inhale. Rise up.

Exhale down this time. Resting pigeon. Make your way to forearms or maybe extend the arms all the way out.

Notice if you can soften the hips, relax the an thighs and brittle bit more, more. Breathe into the sensation.

Deep breath in. Exhale, release.

If your arms are extended, take the forearms onto the mat.

Interlace your fingers. Elbows are right underneath the shoulders. Tuck the left toes and inch the left knee just a little bit closer to the top of the Mac. Will lift the left leg off the ground and would the upper body firm step or slide the right leg back into a forearm plank. Once again, we connect with the element of fire here as some sensation builds in the core

center, the mind breathe fully. Feel the forms anchor into the ground. Inhale, push the hips up and back and walk the feet a little bit closer in towards the hands. For dolphin pose,

shift onto the left foot. Inhale the right leg up to the sky. Exhale, bend the right leg. Open the hips up to the right. Send the right foot behind the back over to the left side for a hip opener. Inhale, center to the hips. Extend the right leg. Exhale, lower the right foot to the floor. Anchor with the right foot.

Inhale the left leg up to the sky. Exhale, bend the left leg. Open the hips up to the left. Left foot. Sends behind the back.

Inhale, center the hips, extend the left leg. Exhale lower the left foot down to the floor. Forearms actively push into the ground. Back is flat. Breathe in. Exhale lower the knees down to the ground and rise back up to table. Left knee slides between the hands, top of the left foot in front of the right knee, right like backs up until you feel opening in the inner and outer hips.

Tid, your hands are blocks. To be outsides of the mat, inhale. Push into the blocks. Lift the front of the body. Gaze up. Exhale, roll it down. Blow here.

Deep breaths are sent to the hips. We find the fluidity in the body and in the breath. A fluidity. I connect access to the element of water within

one more time and he'll roll it up This time, roll it down and resting pigeon for a moment.

Er right hip presses to the earth so that the left glue lifts and stretches

connect with the earth, connect with the heat. All the elements flow into each other to create wholeness. So notice what elements you can identify in this moment.

Green A and out crawl the hands in towards the body. If the forms weren't already on the mat, find your forearm plank position. Hands, inner lace elbows are right underneath the shoulders. Tap the right toes. Slide the right leg just a little bit closer to you. Then we'll lift the right leg up off the ground and step the left foot back into a forearmed bunk.

Honor the heat that is being built fire within is a marker of our a wide mess.

Invite the mind to recenter. But notice where the mind shifts to when Keat starts rising in the body.

Inhale, push into the ground with the forearms. Lift the hips and exhale. Walk to feet just a little bit closer to the body. For dolphin pose, head is right between the elbows here. Imagine the line from the hips down the legs, and from the hips to the top of the head. Just like the triangle shift onto the left foot.

Inhale their right leg to the sky. Exhale, bend the leg. Hip opener Once more, hips open to the right, right hip stacks on top of left to the best of your ability. Recenter the hips, extend the right leg. Exhale, lower the right foot to the floor. Right foot grounds. Inhale left leg up to the sky. Exhale, hip opener.

Center the hips, extend the left leg. Exhale, lower the left foot to the floor from the air. Now grounded. Once more. Breathe in. Breathe out. Lower the knees down to the ground. Untuck the toes. Take a child's pose. Hands. Reach forward. Drop the hips back to the heels.

Become aware of what is flowing through.

Then have inhale index, exhale.

Inhale, rise up. Fingers are spread wide. Palms flat on the earth. Drop the hips. Lift the heart soft. Elbows. Elbows. Bend slightly facing the back of the mat. Stretch the front of the body. Lift up. Inhale. Exhale, tuck the toes. Lift the legs up off the ground. Head shifts between the elbows. Downward dog

gaze forward. Jump or step the feet in towards the hands. Hands into the feet. Fold forward. Tuck the chin to the chest. Inhale, roll the spine all the way up as you roll the spine up. Arms reach out to the sides and overhead. Connect your hands all with the heart. Feel the fresh air. Exhale, neutral spine, hand stripped down to the heart.

Release the hands down by the sides. So here we're at the top of the mat, either are about hips, distance apart. Inhale arms, reach up, exhale, bend the knees, drop the hips back. Chair pose.

Going to work a little bit more with the element of fire here. But at the same time, keeping the body grounded, keeping the breath flowing, and keeping the mind clear and calm, just like the

elements of water. Inhale. Exhale. Take the hands to the heart, breathe in, exhale, twist to your right. Two options here.

You can either just rotate the body to the right and send the right elbow behind you, or maybe try to connect the left elbow to the outside of the right knee. Shift onto the right foot. Lift the left heel up off the ground with control. Keep the right leg bent. Step the left leg back into a twisted lunge.

Breath continues to look.

Breathe in. Feel the weight on the right foot. Breathe out. Step the left foot. Back up in line with the right inhale arms. Reach up chair pose. Exhale to standing hands to heart center. Inhale, arms circle up. Exhale, bend the knees, drop it back. Chair pose.

Breathe in. Connect the hands. Exhale hands to the heart. Inhale. Exhale, twist to the left, and you can stay listed or try connecting right elbow to the outside of the left knee. Root down with the left foot right heel tips. Feel light and lifted, just like the element of air and with control. Step back with the right twisted low lunge, sorry, twisted lunge.

All the elements in play here. Let's go back up to the top of the mat. Feel as grounded as you can be on the left foot. Right foot is light, just like air. Step it back up to the top of the mat. Honor those sensations. Inhale hands, reach forward and up. Exhale to standing hands to heart. Release your hands down by the sides mountain pose, and just take a moment to feel the sensations.

Reconnect with earth. Feel the feet against the ground. Reconnect with water Center the mind on the present moment and honor the sensations that you feel. Connect with the element of fire. Feel the heat that you've generated your aliveness. And feel the breath that continues to flow in him out

From here, let's root down with the right foot. Make sure the right knee's just a little bit bent so the live engages and take the left ankle and cross it over the right knee. Once again, we find balance. We're lifted light, and here we honor the element of air in a balancing figure for if you feel called, you can reach the arms overhead, then fold these little bit more into the right knee, sink it down.

And here, if it's within your practice,

you can try breaching the hands forward as you drop the hips back.

Reach the fingers out, out into the air, out into the future, out into your day, out into your life. Strong, supported, alive, feeling flowing. Let's you rise up, breath in and exhale. Step the left foot down arm, circle out to the sides,

root down with the left foot, cross the right ankle over the less knee, and you could always just stand like this and practice a standing figure four upright.

Once the left foot feels rooted, inhale, arms up. Exhale, bend into the left knee, draw the hips back, just like chair pose, but adding the S figure four element, honoring the hips. Opening up the creative center. Stimulate the fire inside. Breathe, circulate the air. Inhale. Exhale option to shift forward. Reach forward.

As we reach forward here, we begin to connect to the fifth element, the element of ether, the element of space. This is the element of the unknown. So as you reach forward, reach forward into the mystery of the day ahead. Who knows what lies there, but we honor it. We honor the mystery just as we honor. The other physical, tangible elements outside of us and within this deep breath in, rise up.

Exhale step the right foot down, hand sal down to the sides.

Very e place. One hand on the heart and one hand on the belly. Close the eyes. Tuck the chin to the chest slightly.

In this moment, honor yourself. Honor the wholeness of the elements that create you and create the world around you. Just as we talked about, also honor the element of ether, the element of space. The element that allows us to tune into the unseen at the unknown,

trust in the elements around you, and trust in everything else that can be seen on understood. Together. The elements create total balance.

Take a breath in. Hold it at the top for a moment. Sip it. More air

and release, hand stripped down by the sides as you move through the rest of your day. I hope you find balance and connection to yourself and to the world around you. Namaste.