



Video Transcript

Yoga To Enhance Fluidity, Balance & Mindfulness

Hello, thanks for joining me for this Yoga Flow where we'll be focusing in on some creative transitions. I invite you to find a seated position on the mat. Let's get started. Take the feet flat on the floor with the knees, Ben. And rest your hands behind you. I like to have fingers facing forward, but feel free to take a different variation in the hands.

Feet are about as wide as your mat, and we'll start our warmup with some, and she'll wipe your legs

as you tune into the rhythm of the windshield. Wiper legs allow the breath to flow freely. It's accessible in and out the nose.

Now the next time the knees are dropped over to one side, whatever direction the knees are facing, the opposite arm lifts up off the ground and reaches across the horizon and back again and over to the other side. Opposite arm reaches across and back. Reach and return. Reach and return. Inhale, reach, and to center.

Inhale, reach, and to center. Now, next time you reach this time, circle the arm up, root down with the hand that's on the floor. Lift the hips up off the mat. That's the deep breath in. Exhale, hips, lower hand circles down, other side. Inhale arm circles up and return. Uh, and return hips. Press forward. Heart opens.

Exhale back down. One more time. Each side will lift and lower.

And lower face forward. Take your left leg out to the left side. Bend the right leg in towards center. Bottom of the right foot on the inside of the left leg. Feel free to support this floating knee, the right knee with a block underneath it for some support. Inhale, arms circle up. Exhale, back of the left hand inner, left leg, right arm arcs up and over.

You can take the right arm as far over as needed, but let's keep the heart lifted. Inhale, arms, reach up. Exhale, center the shoulders over the left leg and fold forward.

Inhale, gaze forward. Circle the arms up. Exhale all the way to the right twist to the right left hand to right knee. Right hand lands behind right fingertips. Face the back of mat gaze over the right shoulder. Keep the right hand rooted where it is. Inhale, heart center. Faces forward, left hand reaches up.

Lift the hips up off the mat. Reach up and back. Exhale left arm circles back down. Hips lower. Switch sides right leg, left leg in. Inhale, arms up. Exhale back of the right hand, inner right leg, left arm up and over.

Use a breath to rise up. Arms. Reach up to center. Exhale, square the shoulders over the right leg and fold onward.

These forward reach forward. Inhale, arms circle up. Exhale, twist to the left. Right hand to left knee. Left hand lands behind you. Fingers face the back of the mat. Left hand roots into the ground. Inhale face forward. Right arm reaches up as the right arm reaches up and back. Lift the hips up off the mat.

Hips open. Heart open. Breathe in. Exhale, take it back down. Now spin the legs around. Make your way into table on the hands and knees on the mat. Tuck the toes. Breathe and arch the back. How? Exhale tops of the feet on the floor around the back count. Inhale cow. Exhale, cat. Inhale cow. Exhale cat. Find a flat back neutral spine.

Inhale the right leg out behind you, hips level, foot flexed. Exhale, take the right leg straight out to the right. Hover there firm. Then lower the right foot to the floor tone space forward. Take the hands forward past the shoulders. Point your finger faces forward. Inhale, drop the hips forward slightly.

Exhale, sink the hips back. Inhale forward. Exhale, hips, drop back. Inhale forward. Exhale back. Inhale. Hands slide towards you. Roll the spine all the way up. Reach the arms up on the breath in. Exhale right hand to the inside of the right leg. Left arm arcs up and over.

Inhale, rise up. Exhale, left hand lands to the left side. Right arm reaches up and over. Supported side plank, maybe the right foot lifts up off the floor. You could also try bending the right leg and reaching the right hand down to grab the top of the right foot With the right hand hips, press forward to stretch the quadricep.

Release the right foot. Inhale into all the length on the right side. Exhale, lower the right foot to the ground. Rise up. Inhale, arms up. Exhale, land the hands on the mat in front of you and close the right knee and on the left.

Inhale, left leg straight out behind you. Exhale, left foot out to the left side. Hold it there for a moment. Just feel the core. Engage. Breathe in. Exhale. Lower the right foot to the floor. Toes face forward. Hands come forward past the shoulders. Inhale, hips drop. Exhale, hips, drop back. Inhale, hips forward.

Exhale back.

Inhale forward. Exhale back.

Inhale forward. Exhale back. Inhale. Hands slide in towards the body. Rise all the way up. Hands reach up. Exhale, left hand to the inside of the left leg. Right arm arcs up and over.

Breathe in lift. Breathe out. Right hand lands to the right side. The left arm reaches up and over. Lift the left foot up off the floor supported side point. Bend the left leg. Grab the top of the left hip and the left hand hips. Press forward that stretch in the quad, the front of the left leg. Release the left foot.

Inhale into your length. Exhale, lower the left foot. Rise up. Inhale, arms up. Exhale, lower the hands to the floor, close the left knee and on the right tuck, thees, breed and arch, the back kennel. Exhale, rounded out cat. Drop the hips to the heels. Child's pose. Slide the hands forward. Point your fingers face forward.

Palms are spread wide against the earth. Lower the forms down to the ground as if you were rolling a marble along the mat with your nose. Roll the face forward until it's right between the hands. Then lift the elbows, drop the hips, and lift the hearts spinal. Roll it up. Exhale, take it back to child's pose.

Let's do that spinal roll two more times. Inhale forearms, land spinal. Roll it forward until the head's between the hands. Lift the elbows. Drop the hips, heart rises. Exhale, take it back. Child's pose. One more time. Inhale, spinal. Roll it, Flo. Exhale this time downward dog. Tuck the toes. Lift the hips up and back and just take a moment, head it out if needed,

explore the backs of the legs, explore the calves, explore the feet,

and then make your way back to stillness. Shipped onto the left foot. Inhale their right leg up to the sky. Exhaled on the right knee to the chest. Shift onto the hands. Take a big step through to the right side of the mat. One hand on either side of the mat or one hand on a block on either side of the mat.

Shift onto the left hand under the left shoulder. Breathe in. Open up to the right side with the right arm twist to the right. Hug the inner thighs together. Feel that upward pulling movement. Take a deep breath in and keeping the heart rotated to the right side, rise up into a revolved crescent lunge.

Right hip drop, left hip lifts. Breathe in. Exhale, drop the right arm. Reach up and overhead with the left. Inhale. Exhale back down to the twisted low lunge. Breathe in. Breathe out. Lower your right hand down to the ground, one hand on either side of the mat. Step the right foot back to meet the left plank.

Inhale. Exhale, take the hips back. Downward dog shift onto the right foot. Inhale the left leg to the sky. Exhale knee, a chest step through to the left side of me.

Shift onto the right hand. Inhale, left arm reaches up to the sky. Left foot roots fully hug the inner thighs together. Visualize your strength and use the upward flowing Inhale to rise all the way up to a revolved crescent warrior. Inhale and up. Exhale into the posture backs of the hands. Press to the right side.

Breathe in. Exhale, reverse. Drop the left hand. Reach up and overhead with the right. Inhale. Exhale back down to your twisted low lunge. Breathe in, breathe out, left hand down to the floor. Step the left foot back to meet the right leg. Inhale. Exhale, take the hips up and back.

Shift onto the left hip, right leg lifts once again on the breath in. Exhale, bend the right knee in towards the chest, but this time cross the right foot over to the left side outside of the right foot. Rests on the ground. Drop the hips to the floor. Start opening the hips up to the sky. Shift onto the right hand.

Left arm reaches up and over. Take a deep breath in. Lift the hips. Exhale, lower the hips to the ground. In a wide stance, inhale, arms rise. Exhale, fold forward. Hold with the belly first. Crawl the hands out toes, face the sky.

Breathe in. Exhale, crawl your hands over to the left side.

Breathe in. Sweep your hands over to the right side.

Breathe in. Exhale hands. Reach forward, gaze forward. Inhale, arms, reach up, exhale, twist to your right and land the hands at the top of the mat. Heart starts facing the top of the mat. Lift the hips up off the ground, find the ball of the left foot, and then slide the right foot back to downward dog. Pedal it out.

Shipped onto the right foot and inhale left leg to the sky. Exhale, bend the left knee in towards the chest and then cross the left leg over to the right side. Outer edge of the left foot finds the

earth. Inner right foot finds the ground shift onto the left hand. Deep breath in right arm circles up and over.

Hips. Lift to the sky, breathe in. Exhale lower the hips to the ground. Right arm sweeps down. Wide stance. Inhale arms, reach up, exhale, fold.

Breathe in. Breathe out. Take the hands over to the right side.

Bring fun. Exhale, hands over to the left side.

Inhale. Exhale. Hands back to center. Gaze forward. Inhale, arms, reach up. Exhale, twist to your left hands. Land at the top of the mat. Point your finger faces forward. Start rotating the heart and the hips to face the top of the mat. Rise up onto the ball of the right foot and step or slide the left foot back to down.

Pedal it out. Connect with the breath

shift onto the left foot. Inhale the right leg to the sky. Exhale, bend the right knee to the chest. Shift onto the hands. Take a big step through to the right side of the mat. Feet are anchored. Inhale, rise up hands, reach up. Exhale, open up to the left side warrior. Two. Hands reach forward and backs center the right foot.

Elongate the stance. External rotation in the right legs, hips are open and the heart is opened. Warrior. Inhale, shift yourself forward. Hinge over the right leg. Take the right hand to the inside of the right foot or a block, or if you need a little extra support, you can take right forearm to the top of the right leg.

Left arm arcs up and over. Visualize the long line on the left side of the body. Take a deep breath in. Rise all the way up. Exhale, reverse the warrior. Right arm arcs up and over. Left hand to left leg, or a gentle vine around the lower back. Inhale root down with the right foot, straight in the right leg.

Exhale the breath. Inhale, rise up hands, reach forward and back. Adjust the toes. So right toes are facing the left side of the mat. Now take the left heel in. So left toes are out to the corner. Heel in. Inhale arms, reach out. Exhale bend into the left knee. Hands to heart center.

Breathe in. Breathe out. Face the back of the mat. Take one hand on either side of the mat. Walk the left foot out to the left side. Low lunge. Step your right foot. Forward to meet the left folds forward. Inhale, halfway lift, flat back position. Crown of the head presses forward. Exhale, fold forward. Inhale, gaze forward.

Sweep the arms all the way up to stand. Connect the palms. Lift the heart. Breathe out. Hands to heart. Center. Inhale. Circle it up. Rise. Exhale. Arms out to the sides. Fold. Inhale halfway

lip. Exhale full. Then the knees plant one hand on either side of the mat. Step the feet back to downward

shift onto the right foot. Inhale the left leg to the sky. Exhale, bend the left knee to the chest. Step forward to the left side of the mat. Feet anchor. Inhale, rise up. Arms circle up. Exhale, warrior two, Bent to the left foot. Elongate the stance. Extend all the way through the outer edge of the right foot.

Hands reach forward and back. Inhale, hinge over the left leg. Exhale, extended side angle.

Inhale, rise up. Exhale, reverse the warrior.

Inhale, straighten the left leg.

Exhale the breath. Inhale. Hands reach forward and back. Left toes face the long side of the mat. Right toes. Angle in. Inhale, arms up. Exhale bend into the right knee. Hands to heart center.

Turn the heart to face the top of the mat. Find the ball of the left foot. Wat the right foot out to the right side. Low lunge. Step the right foot back to meet the left plank. Breathe in. Exhale lower yourself all the way down to the ground. Tops of the feet on the mat. Inhale lifts the heart, straighten the arms, cobra,

bend the right leg, shift onto the left hand, and roll onto the left side until the right foot can land flat on the earth. And here we'll take the right hand to the inside of the right leg, back of the right hand presses to the right side, and then release. Face forward, then the left leg shift onto the right hand.

Rotate onto the right side until the left foot can land flat on the earth. Back of the left. Hand presses into the inner left leg. Back to sensor. Breathe in. Exhale, open. Inhale to center. Exhale, open. Inhale forward. Exhale, open. Inhale, Cobra. Exhale, open. Let's add to this. Inhale forward Cobra. Exhale, open the hip up.

But this time, left heel on the ground, right foot is planted. Lift the hips up off the ground. Right hand reaches to the top of the mat. Wild thing. Breathe in. Exhale back down. Inhale, cobra. Face forward. Exhale. Lift the hips wide. Breathe in. Exhale lower. Let's do that one more time each side. Inhale, Cobra.

Exhale, lift. Breathe in. Exhale lower. Inhale center. And exhale

then. Exhale, lower. Inhale to center. Exhale, roll it down to the floor, stack the forearms, rest the forehead on the forearms, and as you catch your breath and recenter the mind, some windshield wiper feet, feet drop to the left and the right.

Now instead of just left to right with the feet, let's do a circle. One foot leads, the other foot follows,

and then circle the feet the other direction.

Lower the feet to the earth. Hands right underneath the shoulders, elbows in. Inhale lifted up to Cobra. And exhale. Let's roll once again onto the right side, but here we'll pause for a moment. Right leg extends. Step your left foot forward. So the left toes are facing the left side of the mat, left knee is up, right foot is flexed.

So we can find some. Grounded energy on the outside of the right foot. Lift the left arm up and overhead. Breathe in. Exhale root down with outer right foot, bottom of the left foot and the right hand. Lift the hips up off the mat.

Heal your strength. Breathe in. Exhale. Step the left foot to join the right. Whether you have. One foot in front of the other, or feet stacked side plank. Breathe in, exhale to plank. Inhale. Exhale, Cobra. Breathe in. Exhale, roll onto the left side. Step the right foot forward flat on the earth. Deep breath in.

Hips, go skyward. Right arm circles up and overhead.

Tune into your strength and stability. Step the right foot back into side plank. Breathe in, exhale to plank. Inhale fully. Exhale downward dog. Breathe in. Exhale, lower the knees to the ground. Untuck the toes, child's pose.

Give yourself a moment to reflect on the practice. Send yourself some kindness and compassion for tuning in and showing up. On the mat,

tuck the chin into the chest. Inhale, roll the spine up to a kneeling position. When we're able to find flow within the body, we're better able to find flow within our lives. So maybe we all have a blessed and flowing day. May whatever is meant to find us, blow right into our hearts now, Namaste.