



## Video Transcript

### Activate Your Intuition Yoga Flow

Hi there. Thanks for joining me today for an intuitive flow practice. This practice today will incorporate moments of breath and movement and during these spaces, I invite you to tune into the body's wisdom and allow yourself to feel into these movements. As you breathe deeply, forget what you think the body should or could look like and just feel.

Hopefully this practice will leave you feeling more free, more grounded, more connected, and more whole. I have some blocks for today's practice, for some modifications, and just know as we move through this practice, you can always modify in the ways that best supports you and your body today in this moment.

Let's get started In a regular, comfortable seated position, you could have one leg crossed over the other, tucked under, or even in the lap. If you're using blocks to modify, you could always place blocks underneath the knees if the hips are feeling tight. Place the hands, palms down on the knees and begin torso circles.

These movements start small

and begin to align with the breath. Inhale as you circle forward. Exhale, chin to chest as you complete the round.

Maybe you close the eyes

and begin to feel into the neck, shoulders and enjoy the full spiral of the spine. I.

Once again, it doesn't matter what it looks like, just matters what it feels like.

The next time you circle forward, reverse direction, keep the same pattern of breath. Inhale forward. Exhale as you circle back.

It is okay if one direction feels more awkward than the other. Notice if you can smooth out those jagged corners or sharp edges.

Maybe there's space to speed up this movement.

Take a deep breath in. Rise up to a tall spine. Reach the arms overhead. Exhale, fold forward over your cross legs and crawl the arms out, bow down to the earth.

Feel the way the movements integrate into the body. Reconnect with the breath.

Tuck the chin to the chest. Inhale, roll the spine up. Hands can stay down by the sides and alternate your cross legs. Put the other foot in front or in the lap. Once again, hands, palms down here. We'll do an inhale forward. Exhale back. Inhale, heart forward. Arch the back. Exhale, chin to chest around the spine.

Feel the way the heart lifts with each breath in and feel the back body expand with each breath out.

Take a breath in. Arms circle up. Exhale, fold forward. Bow down. Hands crawl out to the earth.

Feel the way the movements integrate. Notice if you can soften into this forward fold. Any bit more hips, relax. Face relaxes too.

Tuck the chin to the chest. Breathe in. Roll the spine up, uncross the legs. Take the feet flat on the floor, hands behind for support. Begin to windshield wiper the feet so the feet stay about the width of your mat. And as the knees drop from one side to the other, you might even consider pressing the hips forward a little bit to feel that stretch in the outer hip and hip flexor.

Keep your flow. Option to add an arm in. So one arm reaches across the horizon and then comes back and repeat. Take a moment just to find the rhythm of movement,

and let's add breath. Inhale arm reaches across the horizon. Exhale, flip the palm, take it back across the horizon and switch. Inhale. Exhale. Inhale. Exhale, inhale. Find your flow. Add those movements that feel good for you.

Now on the breath in, maybe press the hips up off the mat and circle the floating arm overhead. That's the breath in. Exhale, come back down and switch. Big breath in, circle up. Exhale, take it

back down. Again, this is just about what it feels like, not about what it looks like. Find your flow. Feel this in the hips and the back.

And of course, amplified by the breath.

One more time each side or until you feel evened out. Oh, and then take it back to center bent, leg forward fold. So keep the feet where they are. Fold yourself forward. Try to get the knees in towards the armpits. Relax the head fully chin to chest. And if hanging the head is not comfortable for you, you could cross forearms and rest the forehead on the forearms.

Breathe and notice.

Place your left arm on the inside of the left leg and take the right hand behind the head on the right side. Inhale, press left arm into left leg and peel the heart open to the right. Right elbow faces up.

Take another breath in. Exhale back down and switch right arm on the inside of the right leg. Left hand behind the head. On the left side. Inhale, open it up. Press head into hand.

Breathe in. Exhale, take it back down and we'll go from side to side. Inhale, right side lift. Exhale, back down. Inhale left side lift. Exhale back down a few rounds with your own flow.

One more time each side or until you feel properly evened out.

Pause in the center, relax the head a little bit more. Tuck the chin to the chest. Roll the spine up. From here, flip the legs around and make your way into table on the hands and knees. Hands under the shoulders. Knees under the hips. Tuck the toes. Breathe in. Arch the back cow. Exhale tops of the feet on the mat.

Round the back crown of the head to the floor. Gazes back at the tops of the legs, cat. And you guessed it. Find your own flow. Inhale to cow. Exhale to cat.

With each breath in the crown of the head and the tip of the tailbone face, up and on the breath out, the crown of the head and the tailbone face down. Can these movements be exaggerated?

Find some freedom here. Are there any other movements you can add into this breath and movement flow? Maybe you start taking an additional circle with the shoulders or hips, bending into the elbow, circling the neck, reversing direction, as that feels good.

Feel into yourself. For the next few rounds of breath, this does not have to look like what I'm doing here. My movements are just a guide to allow you to feel more free in your practice.

Maybe you pause in one corner of the body and breathe into an area of tension.

One more round of breath.

Now drop your hips back to the heels. Child's pose. Hands. Reach forward. Take a moment in stillness. Feel the sensations that flow through the body and notice where the mind goes to once we find stillness compared to movement.

Breathe in, breathe out. Crawl the hands over to the left side of the mat. Place the right hand on top of the left. Drop your hips to the right side. Stretch up and down the right side of the body.

Breathe in. Exhale hands. Reach over to the right side. Left arm on top of right hands. Anchor hip sink to the back, left corner.

Breathe in. Breathe out. Hands reach forward. Inhale, lift the hips and then drop the hips. Lift the heart at the peak of the breath, we're making our way into Cobra. Elbows bend, facing the back of the mat, so check in. You're not hyperextending, or locking out the elbows. Since that took us a moment, let's take another breath into Cobra here.

Deepest inhale. Exhale. Keep the hands exactly where they are and just send the hips back to child's pose flow here. Inhale, come forward to Cobra. Exhale back to child's pose. You can move between these two positions however you'd like. Maybe you include a little bit more of a spinal roll here.

You could even slide forward into Cobra by keeping forearms on the ground and sliding yourself forward until the head is between the hands. Then lift the elbows, drop the hips, and straighten the arms. Then you can take this movement back down the way you came.

Have fun with it for a moment.

One more round of breath

and pause in child's pose.

Lift the hands up off the ground. Give the wrists a circle.

Lower the hands back down to the floor, tuck the chin to the chest, and roll the spine up to a kneeling position. I invite you to take your knees a little bit wider than the hips here. Knees out to the corners, feet together behind you. Lower your left hand to the ground behind you. I like to have my fingers facing the back of the mat, but if it feels better on your wrist to have fingers facing forward, that's up to you.

Take your right hand behind the head on the right side. Cross the right elbow over to the left side, and then inhale. Lift the heart to face up. Press the head into the hand and exhale, take it

back down. Inhale, lift the heart and exhale flow here. Inhale heart lifts to the right and exhale crossing down.

Option to lift the hips on the breath in and set them back down on the heels. On the breath out.

Last time, exhale, right elbow crosses to the left. And here we'll release the right hand from the right side. Flip it over the other way. Right hand lands behind, left hand behind the head. We'll start with the left elbow crossing over to the right. And then inhale, heart lifts to the left. Exhale, cross.

Find your flow.

Notice what feels good for you today. Maybe you're sticking with a small movement and just working the mobility of the upper back and the shoulders.

Maybe you exaggerate the shape and lift the hips on the breath in and really crunch down to the right on the breath out.

One more time. Um,

release the left hand from the head. Face forward and child's pose.

Inhale, shift yourself forward to Cobra just as we did in that last sequence. Exhale, tuck the toes, lift the legs up off the ground, and press it back into downward dog. Point your fingers on the hands are facing forward. Push into the ground actively so the head shifts between the elbows and take a moment to pedal out the feet or move the legs and hips in any way that feels opening for you.

Maybe shake the head. Yes, us shake the head. No. Lift the heels up off the ground, bend the knees.

Feel yourself into this posture. Can you make a new shape from downward dog that maybe you haven't explored before?

Find your way back to stillness. Downward dog. Breathe in and breathe out. Look forward, jump step or walk the feet into the hands. Hands into the feet. Fold forward. Knees can be a little bit bent here. Cross the forearms and allow the whole upper body to hang and sway. Will sway from left to right. Head, neck and shoulders are loose,

and then cross your forearms the other way, and instead of a left to right try a forward and back Bob. Really let the head go here

and then make your way back to stillness. Hands release down towards the feet or the floor. Tuck the chin to the chest. Inhale, roll the spine up and as you roll the spine up, arms reach up. Touch the hands, lift the heart. Exhale. Neutral spine. Hand drift back down to heart center. Inhale, arms, circle up.

Exhale, neutral spine, hands to your heart. Inhale, lift. Exhale. Inhale, maybe add the legs in, lean back a little more. Exhale, maybe chin to chest. Find the movements that feel good here.

Maybe you're adding a little bit more of a spinal rolling, working the hips and the heart.

Last time

and then release the hands down by the sides Palm Face Forward. Take a moment. Close the eyes.

Breathe in. Breathe out

here. We'll do some quick shoulder shrugs. So just start shrugging the shoulders. Allow the knees to bounce a little bit. Breathe in deeply, and on these exhales, open the mouth and relax the jaw.

Maybe make that exhale a little bit louder.

Let it all go One more time.

Find stillness

now. Take your toes out to the corner's. Heels in feet are about the width of the mat. We'll do a little bit of active twisting. Just start with the upper body, side to side, and then maybe add a pivot of the foot. That's the side you're not turning to, and I like to bend the knees into this.

How loose can the arms, wrists, fingers, and shoulders feel?

Take a breath in and exhale stillness face forward, adjust the feet to be hips distance apart. If you took a step back at all, step forward to the top of your mat. Inhale, arms circle up, shift onto your right foot, step back with the left, and make your way into Crescent Warrior. Here I prefer to have my left heel lifted in Crescent Warrior, but if you feel more stable in traditional Warrior one with the left foot flat on the earth, toes facing forward, you can take that variation instead.

Feel free to walk the right foot out to the right side. A wider stance can also aid in your stability because we will be adding some breath and movement here. Palms face forward. Face the top of the mat. Inhale, reach the arms up, and as you reach the arms up, straighten the right leg. Exhale, bend the elbows out to the sides.

Sink back into the right knee. Inhale, straighten. Arms up. Exhale, bend back into the right knee flow here. Inhale, lift, exhale, squeeze the shoulder blades together. Lots of tension across the heart.

Last time, lift on the breath in. Exhale, settle into the right knee and just add the arms back in. Arms. Reach up. Breathe in. Breathe out. Take the hands down to the floor to either side of the right foot. Great option to use blocks. Left hand shifts underneath the left shoulder or on the block placed underneath the left shoulder.

Inhale open up to the right side with the right arm.

Left leg is straight and strong. Inner thighs hug together so the hips stay lifted. Take a breath in. Exhale, extend the shape, reach the right arm overhead, and visualize the line from the right fingertips all the way down to the left heel.

Inhale right arm straight up into the air. Exhale back down to low lunge. Face the earth and step the left foot forward to meet the right fold forward. Inhale, tuck the chin to the chest. Roll the spine up as you roll the spine up. Arms. Reach up. Touch your hands, lift the heart. Exhale, hands to heart center.

Back at the top of our mat shift onto the left foot. Inhale arms, reach up. Exhale, step back with the right leg this time and take a moment. Find the stability. Since we will be adding some movement, it's important for you to feel grounded in this position. Palms face the top of the mat. Inhale, reach the hands up, straighten the left leg.

Exhale, bend the elbows out to the sides as you sink back into the left knee. Let's flow here.

Can you add a little bit more freedom this time around?

Feel how strong and grounded you are. Feel the breath that animates you.

Last time, sink into the left knee. Add your arms. Arms. Reach up once again. Breath in. Exhale down to the earth. Hands on blocks are on the floor. Shift onto the right hand, underneath the right shoulder, inner thighs. Hug together. Breathe and open up to the left side for a twist.

Inhale, reach through the left fingertips. Exhale arc the left arm overhead, elbow by ear palm down. Keep the heart lifted to the left side. Visualize that line of energy from the left hand all the way back to the right heel. You're so strong. Inhale the left arm straight up. Exhale back down to the earth and step the right foot.

Forward to meet the left back to a forward fold. Now here option to have your blocks, bend the knees, drop the hips, lift the heels up off the ground, and find a toe stand blocks may or may not

be needed here. If you can balance excellent, you might also be touching the ground with your fingertips. Take a breath in.

Lift your heart, drop the shoulders away from the ears. Exhale, release your heels to the floor, straighten the legs, fold forward. Inhale, toe stand. Exhale fold. Find your flow.

You could even release the hands from the blocks.

One more time.

Hand pause, forward fold.

Tuck the chin to the chest. Breathe in. Roll the spine up as you roll the spine up. Arms reach up, shift onto the right foot. Step back with the left crescent warrior or warrior one. Right foot forward. Breathe in. Breathe out, open up to Warrior two. Hands reach forward and back. Center the front foot. The stance elongates and the back foot toes are slightly angled in

Warrior two

strong, but at ease. Flip your palms so the palms are facing the left side of the mat. Inhale, take the left hand to join the right exhale, left hand slides down the right arm, and across the heart center all the way to the back. Inhale, hands together. Exhale. Open it up. Bind your flow.

Maybe you feel like an archer here, pulling the bow back. Maybe you're reaching for something and then allowing whatever's not needed to be released and flicked behind you into the past.

Last time, palms flipped down. Breathe.

Flip both hands. Inhale, straighten the right leg. Join the hands overhead. Turn the right toes to be in line with the left toes facing the long side of the mat and wide leg forward. Fold a moment of release.

Relax the head down to the floor.

Crawl your hands over to the left side. Gaze over the left shoulder.

Crawl the hands over to the right side. Look over the right shoulder.

Since we're facing the right side, start turning the feet, the hips, and the heart to face the top of the mat. Bend back into the right knee and end up in a low lunge, right foot facing forward spring up from the left toes into a forward fold. Forward fold at the top of your mat.

Tuck the chin to the chest. Breathe in. Spine rolls up as the spine rolls up, arms reach up. Shift onto the left foot. Step back with the right breathe in. Exhale, warrior two. Left foot centers widen the stance right toes slightly angled in. External rotation in the left knee, so left knee's not tracking in or out, but is staying right above the left ankle.

Let's power up our warrior. Flip the palms. Palms face the right side. Inhale, right hand joins left. Exhale, pull it across the heart center back to the back of the mat.

Last time,

flip the palms. Settle into the pose. Honor the heat you've generated. Honor the sensation. Be with it. Flip the hands, palms face up. Inhale, straighten the left leg. Hands join overhead. Adjust the left toes to also face the long side of the mat and release into a wide leg forward fold hands could be on blocks here.

Feel the way the sensation begins to integrate into the body naturally.

This time around, notice if there's any movements that might feel good for you within this wide leg stance. Maybe you start bending one knee and the other into a lateral lunge. You could also angle the toes out to the corner's heels into achieve a more wider stance if you'd like to take, um, a deeper lateral lunge.

Maybe from the wide leg forward fold. You shake the head yes, or shake the head no, or just circle the hips.

What part of the body needs openness here? Is it the spine? The legs, the shoulders? If the shoulders need some opening, maybe clasp the hands behind the back and press the fists overhead. This is your practice, your flow, your opportunity to tune in. Maybe you crawl the hands forward underneath the heart center.

Could good spinal roll here as well.

Oftentimes, we're our own worst critic when it comes to the practices that enhance our lives. So just let yourself be free. You're here doing it. That's the most important thing.

Give yourself another breath. Start coming back to center. Hands on the blocks or on the earth. Crawl the hands over to the left side, and once again, we'll begin to face the top of the mat. So, feet, hips, heart, shoulders. Rotate to face the top of the mat. Bend into the left knee and end up in a low lunge.

Left foot forward one hand on either side of the mat. Step the left foot back into downward. Dog. Left foot. Steps back, hips. Lift up.

Breathe in. Breathe out child's pose. Knees to the earth, hips to heels. This time around, relax the head to the earth, or maybe on a block. If you need more lift, place the arms behind you, palms up. Maybe even hold onto the heels. Let the shoulders drape over the knees. This position is very energetically safe.

Allow yourself to be held and supported by the Earth

in this moment. You can thank yourself for making space for this practice and if there's anything that needs to be released here. The heart has a direct channel down into the ground. Allow any density or heaviness to drop down into the ground. When we rise up, we'll feel even more free than when the practice started.

Now the last thing we'll do from this child's posed position is just begin to move in any way that you feel called to. Use the child's pose as a starting position and then just begin to move the body. You could come to a kneeling position or take yourself back to table, maybe extend the legs.

Let's give ourselves the next five breaths just to move in Any final ways that you'd like to close out your practice?

If you're feeling in your flow, I invite you to take more time and continue to move in the way that the body needs. But if you feel nourished and complete with your practice, now you can make your way to a comfortable seat.

Allow the eyes to close and breathe deeply for as long as you need,

perhaps for the rest of the day. We make the intention to be more kind to ourselves. The wisdom of the body is powerful and that aliveness wants to shine through.

Notice the opportunities in the rest of the day when aliveness shines, and notice if the mind wants to stifle this aliveness. Whether that's through judgment or negative self-talk,

wherever you're at, breathe in. And release.

Once again, if you feel compelled to keep moving, I invite you to make that space. But for now, I hope you enjoy the rest of your day, and thanks so much for joining me for this intuitive flow. Namaste.