



Video Transcript

Gentle Heart-Opening Yoga Flow

Welcome to a gentle heart -opening practice. Today's practice will be primarily seated and laying down on the mat, so make sure you have a comfortable position where you can turn your awareness inward and for a moment release the distractions of the day. You might also choose to have some blocks for modifications in some of the postures. Let's get started by tuning in. Place one hand on the heart and one hand on the belly. Here you can close the eyes or at least soften the gaze and look down at the floor in front of you. Sit up tall and begin to breathe.

If it's accessible for you, try breathing in and out the nose, but you can always modify if you're feeling congested in any way.

There is no right or wrong.

Feel the way that the skin warms as the hand makes connection to the heart center.

And maybe with this warming of the body, the shoulders can drop away from the ears, the jaw can relax.

And exhale, release the hands into the lap. The eyes can flutter open.

Take a deep breath in, circle the arms overhead. Connect your palms above the crown, lift the heart. Exhale, neutral spine, hands drift down to heart center.

Inhale, arms out to the sides.

Connect the palms, lift the heart. Exhale, neutral spine. Hands down the midline.

Two more times. Inhale.

the left pull on the right arm. Keep the heart lifted.

Inhale, rise up. Exhale, sweep the arms down.

From here, swing the legs around and make your way into child's pose.

Hips drop to heels.

Inhale, lift the hips from the heels, rise up to table. If you have any tenderness

in the knees, you can always place a folded blanket underneath the knees for support. Tuck the toes, inhale, arch the back for cow.

Exhale, tops of the feet on the floor, round it to cat.

Inhale, cow. Shoulders away from the ears.

Exhale, cat.

Inhale to cow.

Exhale, cat.

Drop hips to heels, child's pose.

Tuck the chin to the chest. Inhale, roll the spine up, hand slide towards you, rise up to a kneeling position. Once again, if you need to pad the knees or the top.

From here, lift the hips from the heels, but continue to extend the arms towards the front of the mat. So we're in puppy pose.

Relax the forehead down to the floor. And if the forehead doesn't touch the floor easily, you could always place a block right underneath the forehead so that the head and the neck can be at ease.

Last time, inhale, chin to chest, elbow stay tucked into the body, lift up out of the shoulders.

And exhale, roll it down to the ground.

From here, rise up onto your forearms and take the right knee out to the right side. Lift yourself up and slide the back of the left hand all the way over to the right side of the mat. This is important, not the center of the mat, but all the way over to the right side. It might feel a little funky for a moment, but lower the left shoulder down on the right side of the mat, rest the head on the ground, reach the right arm straight up into the air, breathe in. Exhale, complete the twist, roll onto your back and cross the right arm over to the other side. Now the right arm might easily touch the

Take a deep breath in and out.

Untwist the way you came. Slide the right arm out from underneath you. Slide the left leg back. And we'll return to sphinx elbows right underneath the shoulders.

Fingers spread wide. Drop the hips. Inhale, lift the heart gaze up. Exhale, chin to...

And lift the heart. I could also be using some blocks here.

Exhale, bend into the elbows, roll the spine down as you gaze forward.

Inhale, tuck the chin to the chest as you rise up, straighten the arms, gaze up. Exhale, bend into the elbows, roll it down.

Inhale, lift.

Exhale, fold.

See if you can send the breath to those muscles and encourage the body to soften into the stretch. Here we're softening into our edge, the edge being the point in which we begin to feel the stretch. And sometimes this can be a point of discomfort. So here you need to discern what is reasonable discomfort that you can breathe and soften into? And what is too much discomfort that begins to cause stress

and instability?

Now set the right leg down on the floor, leg extended toes touch.

Hands underneath the shoulders. Top of the left foot out to the left side like a little kickstand. Shift onto the left hand. Lower the right toes to the floor. So right foot's facing the right side of the mat and open the right arm up into a supported side plank.

Take the right hand behind the head on the right side. Push the head.

tuck the chin to the chest, inhale, and roll the spine up to kneeling just as a transition for the legs.

Let's end our practice the same way we started with one hand on the heart and one hand on the belly. Close the eyes or soften the gaze. Turn.

Take the hand that was on the belly and now place it on top of the hand on the heart center. Press both hands firmly into the heart space and see if you can feel the heart beating beneath your hand.

Breathe in.

Breathe out.

May you be kinder to yourself today. And let's allow that kindness for the self to shine outward and illuminate our lives and the world with love. And thank you for joining me today. Namaste.