



Video Transcript

Yoga: Forgiveness Flow

Welcome. Thanks for joining me for this forgiveness flow. We'll be starting on the mat and moving up to standing, and then we'll return to the mat for a few moments of meditation to close our practice. For now, I invite you to find a comfortable seated position on your mat. I'm going to choose hero pose, which is a kneeling position.

You could also support yourself with a block here.

For any reason sitting on the feet or the heels is not comfortable for you, then choose another position where you're able to drop into the rhythm of the breath and turn your awareness inward. For this practice, we'll be utilizing a mudra today, abaya Virta mudra. We'll actually be moving between mudra and Abaya, ADA mudra.

A mudra is the mudra of giving gifts, and oftentimes forgiveness is a gift that we gift to ourselves and then to others. When raising the right hand out to the side, we're coming into a position which represents fearlessness. So combined a gift of forgiveness and fearlessness, we're able to stand in our very center.

And provide ourselves a grounding experience and one that is linked to compassion. Let's begin with the left hand, right at the solar plexus, slightly cupped, and the right hand down by the side, fingers facing down palm forward. Take a moment, close the eyes and begin to breathe deeply

if it's accessible for you. Try breathing in and out the nose. Know that you can always modify by breathing with the mouth. At any point during this practice,

visualize a light right in your very center and imagine holding this light within the left hand.

This light can represent your passions. Your love. And at the same time, it can also represent anything that you would like to let go of, such as anger or resentment. Take a deep breath in and as you exhale, visualize the energy being sent up into the heart, cross the right side of the chest and down through the right arm, down through the fingertips into the earth.

Inhale into the solar plexus and exhale out the right fingertips

here. You might say to yourself, I am grounded in compassion.

I am grounded in compassion.

I am grounded in compassion.

Feel the connection of the body against the earth. Know that in this moment you are safe. You are stable and you are seen by your highest self.

Take a breath in and raise the right hand so the arm is at a 90 degree angle. Palm out fingers facing up. Continue this pattern of breath. But now on the exhale, visualize the energy from your center being sent out, the right palm out into your life.

As you breathe, you might repeat the mantra. I am fearless and I forgive.

I am fearless and I forgive.

I am fearless and I forgive. Let the light from your center. Illuminate the space in front of you.

This light shines with forgiveness and will clear your path moving forward.

The hands are an extension of the heart and it's through giving that we're able to forgive. Take another breath in

and exhale. Release the hands into the lap. Calms down. Inhale, press the heart forward. Gaze up. Look up at the sky. Lengthen the front of the body. Exhale, chin to chest, round the back.

Inhale, lift the heart. Heart shines forward. Throat open for us to speak our truth. Exhale, our heart is protected. For we know we are safe in the eyes of compassion. Inhale forward. Exhale back. Let's speed this up for a few rounds. Inhale forward and exhale. Inhale. And exhale. Inhale and exhale. Pause here.

Round the back. Feel the back of the heart center open. As much as we want to illuminate the path in front of us. Also, forgiveness requires us to illuminate the past and shine light upon our past experiences and interactions.

Tuck the chin to the chest. Roll the spine up.

Inhale, take your arms out to the side. Spread the fingers wide. Gaze up. Exhale, hands come forward as if you were diving into the earth. Inhale, reach and extend, expand. Exhale, take a deep dive. Two more times. Inhale, open it up. Reach. Exhale, dive deep. One more time. Inhale into your openness and exhale.

Heart protected. Safe and secure. Hands drop to the lap. Breathe in. Spine rolls. From here, we'll transition from our seated position into child.

Make your way to the back of the mat and crawl the hands forward.

Feel yourself bow down to the earth

here. The heart center is in a protected position. And we have a direct channel to release down into the ground.

We are safe to release. It is safe to forget.

Inhale, suck the chin to the chest. Hands slide towards you. Roll up to a nearing position.

Exhale, palms down in the lap, chin to chest around the back. Inhale, rise up low to high knee at the peak of the breath. Touch the hands overhead, lean back, exhale, arms out to the sides, kneel back down, and here we'll round the back once again. Inhale, lift the heart shoulder blades together. Exhale hinge forward.

Roll it down to the earth. Child's pose, but hear the hands face behind you. Inhale, tuck the chin to the chest. Roll the spine up. Hands, palms down on the tops of the legs. Lift the heart. Exhale round the back. Inhale, low to high. Knees. Arms circle up. Touch the hands. Lift the heart. Exhale lower back down.

Palms down in the lap. Round the back. Inhale, lift the heart. Exhale. Roll it down. Child's pose with the hands behind you. Inhale, roll the spine up. Lift the heart. Exhale, chin to chest around the back. Inhale, rise up arms, circle up, shine from the heart. Feel your openness. Exhale, arms sweep down, round the back.

Inhale, lift the heart. Exhale. Roll it down. We will do this flow one more time. Inhale, roll the spine up. Lift the hearts, shoulders back. Exhale, open up the back body. Inhale. Lift it up. Rise

up. Feel your buoyancy. Exhale. Circle it back down. Round the back. Inhale, lift the heart and exhale bow down to the earth.

Take a moment to breathe into the body. Notice the sensations within the heart space. Is there any availability to soften just a little bit more?

Reach the hands forward. Palms down. Point your finger, faces forward. Breathe in. Lift the hips from the heels, and then drop the hips. Lift the heart, bend the elbows slightly facing the back of the mat. Cobra Close. Feel rooted in the earth with the pointer. Finger and thumb, take a breath in. Exhale, tuck the toes and lift the legs up off the ground.

Hips. Press up and back for downward dog. Take a moment to pedal out the feet and explore the calves and the hamstrings with this within this position.

Walk the feet in towards the hands, or hands in towards the feet and make your way to a forward fold.

Relax the head, neck, and shoulders. I invite you to clasp the hands behind the back and press the fists overhead for a shoulder and arm opener. If this position isn't accessible for you, you can always just hold onto opposite wrists behind the back body, or just continue to have the hands reached down to the floor.

Breathe in,

breathe out. Release the hands from behind the back. Tuck the chin to the chest. Inhale, roll the spine up as you roll the spine up. Arms reach out to the sides and overhead. Connect your hands and lift. Exhale. Neutral spine and drift down to heart center,

similar to what we did seated on the mat. Inhale, arms out to the sides. Lift your heart. Maybe bend into the knees a little bit. Exhale, one arm over the other chin to chest. Give yourself some love. Inhale, open it up. And exhale, hold yourself. Cultivate self-compassion. Inhale, open to receive. Exhale, safe to forgive.

Inhale, receive the gifts of life. Exhale, bring them in towards the body so that you may find healing. One more time. Big breath in. Open it up. And exhale one arm over the other.

Roll the spine up and release the arms down by the side here. We'll take a step forward to the top of our map. Shift onto the right foot and with control. Step back with the left. Find a lunge position, whether this is Crescent Warrior with the left heel lifted. Or traditional warrior one with the left foot flat on the earth.

Toes angled forward. Hip spacing forward

here, we'll take our abaya ADA mudra, but we are going to switch up the hand positions here and have the right hand right at the solar plex. And the left hand down by the side.

Inhale, straighten the right leg and bring the left arm up to a 90 degree angle. Exhale, bend back into the right knee and take the left hand down by the side. Inhale, lift. And exhale down.

Inhale, fearlessness, exhale, security and stability. Inhale and exhale.

Inhale. Breathe into the left hand and exhale. Anything you need to release goes down into the ear. One more time. Inhale.

And exhale,

stay in your lunge. Inhale both arms, reach up and exhale. Open up to the left side warrior two.

Extend your stance. Hands reach forward and back. Palms down, left foot lowers to the ground. Toes angled in right leg external rotation with the knee directly above the ankle. All feel strong and powerful in your warrior. Stance for forgiveness is powerful.

Inhale hinge over the right leg. Exhale, right form to upper right leg, left arm arcs up and over into extended side angle, Palm down. If it's within your practice, you might explore having the right hand all the way down to the floor in the inner right leg, or to a block for a little extra lift.

Root down with the feet. Inhale, rise back up. Warrior two. Exhale sink a little lower. Clasp your hands behind the back and press the fist to the earth. Inhale, squeeze the shoulder blades together. Lift your heart, receive. Exhale, hinge at the waist. Take the right side body down to the inner right leg.

Fists press up and over into Humble Warrior. You could also have hands at the hips here shifting forward. Or once again as we did on the mat, holding onto opposite wrists behind the back. As a variation,

we are strong, we are stable. We are able to forgive and find compassion within ourselves and others. Take a breath in. End out. Inhale, rise back up. Honor your strength. Arms out to the sides warrior two. Exhale, sink a little lower. Breathe in. Exhale, rise up onto the ball of the left foot. Pinwheel the arms to the ground.

Hands. Frame the front foot into a low lunge. Spring up from the back foot into a forward fold. Fold forward and feel the sensations you cultivated in the body. It is safe to feel. It's safe to be right here. It's safe to explore what needs to be forgiven.

Tuck the chin to the chest. Inhale, roll the spine up as you roll the spine up. Arms. Reach out to the sides and overhead. Connect your hands, lift the heart. Exhale, hands down to heart center.

Take a step forward to the top of the mat once more. If you happen to step back, route down with your left foot and carefully step back with your right foot, making your way once again to Crescent Warrior or Warrior one. Here. We'll take traditional ADA mudra with the left hand at the solar plexus and the right hand down by the side as we start.

Breathe into the solar plexus. Feel that power there. With each exhale, visualize anything that needs to be released, going down through the right arm into the earth.

Inhale, straighten the left leg and bring the right arm up to a 90 degree angle. Exhale, bend back into the left knee. Take the right hand down by the sun. Inhale, lift, exhale, sink down.

Inhale, we're listed and alive with compassion. Exhale, there is space to release. Inhale. We are fearless and strong. Exhale, we soften to the earth. One more time. Inhale, lift and exhale. Release

day in your lunge. Inhale both arms, reach up overhead. Exhale, center the left foot, lower the right foot to the ground, and make your way into Warrior two. Hands, reach forward and back. Extend your stance, take up space. Feel your power here. The hands are the extension of the heart centers with our hands that we create our own reality.

Feel the power year. Inhale, hinge forward over the left leg. Exhale, extended side angle. Left arm could drop to the upper left leg. Or to the floor or a block on the inside of the left leg. Allow the right arm to arc all the way overhead. Palm down, gaze up at the sky. Feel the line of energy from the right fingertips all the way to the outside of the right foot.

Notice your aliveness here. What is the quality of your energy?

Inhale, use your strength. Rise back up Warrior two. Exhale sink a little lower into the stand. If you're cultivating some strength or heat in the left leg, honor it. That is your aliveness.

Clasp the hands behind the back. And here you might explore an opposite clasp by putting the other thumb on top. Inhale, press the fist to the earth, squeeze the shoulder blades together. Lift the heart. Exhale, lower the left side of the body, down to the inside of the left leg. Gaze down at the earth. Bow down to Mother Earth,

humble warrior. You're humbled in the face of forgiveness where we see ourselves in our own true light.

See root deep breath in. Rise all the way up. Take the arms out to the sides. Warrior two, sink into the left knee. Breathe in. Breathe out. Pinwheel the arms to the ground. Rise up onto the ball of the right foot. Hands frame the left foot.

With one hand firmly on either side of the mat, step the left foot back to downward dog.

Take a breath in. Exhale. Release yourself to the Earth Child's ps.

Reconnect with the deep breathing and reconnect with the heart space.

How does the front of the heart feel so close to the earth? And how does the back of the heart shield now that it is facing the openness of the sky?

Inhale fully and exhale it out.

Tuck the chin to the chest, roll the spine up to a kneeling position, and I invite you to find a seated position just as we started, whether that's cross-legged or returning back to hero pose may be supported by a block. Here, we'll turn to a Bayada mudra. We'll start with the right hand facing forward arm at a 90 degree angle.

After our practice, we make space to check in with ourselves. Once again.

How does the flame in our solar plexus feel?

Is the slight burning with anger or resentment? And are we able to transmute those feelings into ones of passion and compassion for ourselves and for life as a whole?

In this moment connect with a sense of self-love and self-appreciation. Thank yourself for making space for this practice.

Thank yourself for making space to observe.

Take a breath in, and as you exhale, right hand reaches down to the earth. Palm continues to face forward, fingers down

anything else that needs to be released. Drops down into the air.

The gifts of life are here for us to receive, but the most important gift that we can give ourselves in times of anger or in times of difficulty, is the gift of forgiveness to ourselves.

I invite you to find a smile. Sit up a little taller, roll the shoulders back. Be a presence with yourself. Breathe in and breathe.

Join your hands together at the heart center. Rub the palms together, warm yourself up a little bit.

Allow your warmth to shine from the inside out.

Deep breath in and exhale. Placed one hand over the other on the heart center.

As you move through the rest of the day, I invite you to continue to check in with your inner fire and your inner flame. Know that that power and that energy can be transmuted into one of love, understanding, kindness and compassion.

May we be happy, may we be healthy, and may we find space to forgive ourselves when needed. Thanks for practicing with me. Namaste.