



Video Transcript

Energizing Morning Yoga Flow

Hello, everyone. My name is Walina and I have excited to have you join me for this energizing morning flow. We are going to get started in Child's Pose.

You all can come down onto your mats, place your knees on your mats. I'd like to open my knees a little bit just to create a little bit more space and then bring your chest down to your mat.

We're going to take a few moments to ground here, really center ourselves for this flow.

As this is a morning flow, you can certainly take your time,

Deep breaths and through the nose and out through the mouth.

If you'd like a more active child's pose, you can tense your fingers.

Really pull your chest to the mat.

Even placing your forehead to the mat, massaging that third eye.

Even take a little sway and rock, really get into your shoulders.

Take one more breath here and then slowly move up all to our hands and knees for a few rounds of cat camp

sure you placing those wrists under your shoulders nice big inhale for your cats

pulling your shoulders away from the ears and

then rounding your back pulling your back up towards the ceiling.

Inhale

and exit out.

We're going to move through a few of these at your own pace. Again, feel free to sway the body and walk forward and back, just loosening everything up very next and we work Let's do one more route.

Really working that spine, loosening up the back.
 Blink in, being sure to pull those shoulders away from the ears and carry so much tension in our shoulders. Big breath in. We're going to pull up into Lake Pose.
 So take a moment to adjust your plank. This pose is about strength, right? And this is first thing in the morning. So we might not feel like to make this. This is so amazing for our entire body. Should I hold here for a few breaths. Nice stroll tonight. If this is a little too much, still free to come down onto your knees.
 Make sure you're not teething up. Nice straight line between the top of your head and your shields.
 Big breath in and then we're going to tip forward and back. These little plague tips.
 Be sure you're breathing,
 falling in that core.
 Nice strong body.
 One more tip forward, and then let's pull back into Downward Dog.
 This is very likely your first Downward dog of the day so feel free to pedal out the feet see if you can bring those heels to the mat if they don't quite touch no big deal oh just sink into this for a few nice deep breaths spread those fingers and toes wide
 That next breath, let's even into three legged dog. So we're going to bring that right foot all the way up, pointing the toe. Let's stretch it out, you around the ankle a little bit. And then we're going to bring that knee to our chest or to our nose. And extend that length. Two more times.
 And then And then your foot back down to the mats.
 We're going to repeat that three -legged dog on the other side. So I'm going to bring that left foot all the way up, pointing tail,
 and then needy chest. and extend it back. Two more times.
 Nice strong arms here.
 Head, foot back down onto the mat. Sink back into your downward.
 When you're ready, you can either step up or hop to the top of your mat, when you're knee to your feet, two your adams, and go into a nice, deep, forward fold.
 You just kind of ragged all here, really let everything hang,
 letting it all go,
 Put a slight med in your knees.
 If your hands don't quite make it to your mat, no good deal. You can place your hands on your shins or your ankles.
 From here, we're going to very slowly begin to roll up.
 Bertebrate by vertebrae.
 Share still breathing all the way up until the crown of your head reaches the top of the ceiling.
 Then just take a moment here.
 Open up your palms. receiving all this energy we're creating.
 We're going to shift into mountain pose. I'm actually going to turn and face you

guys so you can see what I'm doing. I'm just going to put our feet about shoulder with the part, bring our hands to your sides, and really feel yourself root deeply into your mat. This looks like a very simple pose, but it is actually a very strong pose. That brings a lot of energy into the body.

And we're going to stay here for a few deep breaths. I welcome you to close your eyes.

Nice strong body here, strong legs. We're deeply into your mats, pulling those shoulders away from the ears.

On your next breath, let's bring those hands up high overhead. You can even pull it back a little bit for a little bit of a back bend.

And the hands to heart center. So from here, we're going to roll back down and bring our hands to a mat.

Nice big inhale, look up. Then we're going to be most riddles. Quick, slow. Bring your hands back to or match. You can either step back or hop back into a leg. You can stay here or again, bring your knees down to a mat from down into your chat or push up. Pull up into either Cobra or Up Dog. Big big breathier and then pull back into your download dog we're going to repeat that one more time you might find out your heels are reaching the mats which is a good thing getting a nice big stretch through the body big Inhale in and out.

Let's move through that flow one more time. Either hop to the front or step up, feet to the hands,

ragdoll, let everything go,

look out, open the chest,

and step back into plain. Again, I'm down off to your knees, feet light,

shadow arm with push up to Cobra or Up Dog. Big breath here,

and back into your down, fifth, end up.

Great job, everyone. Let's take a moment to feel our heart. Your breath and your heart may increase a little bit. It's really sink into that feeling shake the head a little loose in the man they could

put a little bit of sway back into your down with dogs

bearing this, let's come down to your knees.

Sit back, that should have to face you again, so you can kind of see them to do it. So right here on your knees, start to bring your hands up high overhead, like

we did when we're standing. Big breath in, hold it for just a moment at the top

pull your arms back so again you're doing a little bit of a heart opener here and

then hands to heart center we're going to repeat that a few more times big breath in swoop the arms up

and hands the heart center welcoming

to close your eyes during this, big breath in, hands on, side out.

And center,

and one more time, big breath in.

Really stretch those arms up, like your first waking up in the morning. You can

even bring your fingertips and palms of your hands to the top of the ceiling we pull up and then the hands center okay from here we're going to move back into our child's pose really sink into that i'm about you to open up the knees so that you can really sink in and loosen up the hips you can bring your forehead down if you'd like for you can also can balance your forearms to give yourself a little lift in the upper body, drop the head.

Take a moment here really focus on your breasts, keeping it steady and smooth.

From here, we're extend those arms back out. You can pull back on your bat. And then we're going to roll forward. So we're going to bring our hips down to a mat and then point the toes upward. It would open up the chest. Big breath here. Roll back. Child's pose, rolling forward again.

Really point those toes and exaggerate this pose.

If you feel any pain it all in your back or your lower back release from the pose a bit back into child's pose and one more time let's make it count roll forward open up the chest very

And right from here, we're going to slowly make your way up and onto our back. So you can then your legs around. Put your feet flat on your mat. You extend your hands. Do a slow roll down. A little moment of strength here.

Take a breath. If you have a block, I'd let to grab it. I'm just going to grab my. You're going to move into a supported bridge. If you'd like, you don't have to do a supported bridge, but I encourage you to do so to really feel a nice, deep stretching your lower back. Depending on where you are, your yoga apprentice, I'll depend on sort of the height that you use with the blocks, so you can do it on a lower height or a higher height. They'll go very slowly doing this. Sometimes these backbends can seem a bit intense. Just place the block right in our beat too low back. Excuse me. Big breath in and just feel your back melt over the block.

Your feet are planted firmly onto your mat. Palms are open.

We're going to stay in the supported bridge for a few nice, long, deep breaths,

really opening up the hips and the lower body, side all out, letting everything go.

Again, if you feel any pain in your lower back, you could reduce the height of your block, or just bring your hips down.

When you first go into this posture, it may feel all uncomfortable. Then as you just let yourself melt over the block and that gravity did its thing, it really just opens everything up.

Few more deep breaths here.

Sure, you're still pulling those shoulders away from the ear.

When you're ready, very slowly, you can to remove the block if you decide it to

use one. You Leasing the block to your side.
And slowly bringing those hips down to meet your mats.
Open your knees. We're going to get to goddess posts.
Really letting everything go here you
can place your hands on your hips or again palms facing upward ready to receive
Again, really letting grow you would stay on your knees to reach your mat.
Very slowly, you can bring your knee to your chest. Give yourself a little hug,
go side to side. Make yourself for showing up this morning. Getting one less of a
little bit of strength.
Then bringing your hands to your feet, living into a happy baby, like opening up,
rolling side to side, getting their back on a massage.
Sting your legs up, point the toes, and then slowly bring your legs to meet your
hands.
You did it, you made it to Shavasana. Open up those palms,
let your feet fly open.
The well again stay in Shavasana, as long as you like, as long as your day allows.
But I did want to thank you for joining me today for this energizing morning flow.
Love, light, guide.