



Video Transcript

Unwind With Restorative Yoga And Body Scan

Hi, I'm Ariana, and this is going to be an unwind, restore, think of it as that post-freezy day, busy work week, relaxation flow. Personally, this is the class I will always choose for myself. I want something easy. I just want to show up and let my body just zonk into what I need and also do that really nice self-care.

to get deep into the muscles, to slow down. I do want to say one thing before we practice. If your mind's been particularly crazy or really stressed and anxious, and you find that it's really scary and sort of uncomfortable to get this quiet and this still, that is okay. You are not alone. I'm going to be doing a lot of thinking just like you. In this practice together, we'll remind ourselves to come back to our breath.

come back to our body resting. And when the mind wanders off into a thought, into a racing pattern, we'll slowly and gently bring it back in the body, resting, recovering. But this practice is just as important as your 30, 40, 60, whatever minute, sweaty, heart pumping flow. So let's approach it in that way together. Awesome.

All right, we're going to have a couple props and a couple little supporting items for our practice today. And they're all things that you can find in your house. So do not worry. I have two yoga blocks here, but you could definitely use two bed pillows, two rolled up blankets. If you have yoga blocks, awesome. Grab those. If you have a traditional bolster, like a yoga pillow in your home, cool. If not, grab a house pillow, but make sure it's one of those like good hotel fluffy ones that has

some puff to it. You want it to be supportive. You don't want it to pancake flat, right? And then a certain element of our practice today is going to involve our leg is going up the wall. So before we get cozy, comfy, quiet, I encourage you find your wall, drag your mat there, get yourself ready, but not too close just yet. So you don't kick the space, right? So grab some cushy items like a block, some pillows.

and find your wall space. I'll give you a second to grab your goodies. All right. So we're going to get started. Take your time. If you're still grabbing your goodies, all good. We're going to start in a supported frog pose. So you're going to come onto your back. Take your two pillows or your blocks. Let your feet kiss. Let your knees go wide. But before you do, take those nice cushy pillows and blocks and just squeeze right towards the butt to support you.

And then let your knees fall wide. It should feel just like effortless. Yeah. And I always like to place one hand on my low belly. So between my belly button and my pelvic bone. And one hand on my like rib cage. And let yourself just rest right here. And this is where we'll begin. An opportunity to get quiet. And to notice if you raced here. You raced onto your mat. Your day was just a series of.

running and talking and answering this and text and email. You can put that all aside. Let's arrive. Be in your body. Soften your body to soften your mind. Allow the awareness to drift to your sensation of breath. See what it feels like to breathe in your body this morning, this afternoon, this evening, whatever time it is. As you breathe,

Make this an invitation to your nervous system to slow down. It's okay. You're here now. You're safe. Receive the support. Allow the mind to follow the breath in through the nose. Cool and crisp. And then that natural sensation of following the exhale out. All the way till it dissolves. Nice big in. Nice long out. Nice big in breath.

A nice long out-breath. When you're ready, continuing this steadiness of breath, you can flutter the eyes open. Let the palms fall. Slowly use them to assist the legs back up. Then take your blocks or pillows and just set them to the side. You can give your knees a big squeeze into the chest. A gentle rock side to side. Let yourself fall to the left side into a fetal position.

You'll pass through. Rise up to seated. Good. Shake the knees out. We're going to take a nice supported forward fold. So this is your time to grab your bolster or your blanket or your pillow, and you're going to slide it underneath your knees. This little donut really makes it extra comfy, but whatever cushion you have, perfect. You're going to inch your butt, your sits, bones back just ever so slightly so you can really think about this long, flat back.

From here, take your inhale. You're going to cross your hands for those that know I Dream of Jeannie. I Dream of Jeannie hands. And then let them stack onto your shins. And then lastly, this is a beautiful pedestal for your forehead. And let this be truly, truly effortless. This is an opportunity to soften and open every single inch of your spine. And if you want it to be a little bit deeper, inch your butt back.

Reach your forearms forward, but let yourself arrive. Notice the call or the need to keep moving, to keep adjusting. Where is that coming from? Can you truly rest in stillness? Truly just be here. And as you arrive in the pose, feel that nice, slow sensation of breath in and out.

almost as if cool bursts of air are coming up between each and every vertebrae, elongating your spine rapidly.

Casting your chest, softening your face. Give yourself three more long, luxurious breaths here. Nowhere to go. Nothing else to do. Just be here. When you're ready, on your next inhale breath, slowly roll the chest up. You can slide your blanket, your pillow, whatever it was supporting you out from underneath you. Just keep it readily available. Shimmy out underneath the knees.

Then we're going to sweep our legs around, place your pillow support right in front of you, and then you're going to line your hip up with the outer edge of your pillow, your blanket, whatever

you chose. I call this one the little mermaid pose because it's a little bit like the little mermaid sitting on her rock. I hope you're a fan. So you're going to think, set yourself up like the little mermaid. Your knees do not need to be stacked, so don't stress. From here, your hands are going to frame your cushiony support.

And then you're just going to slowly lower your chest down all the way. Let your palms fall. And then let your gaze go to your right ear. If your eyes are in the same direction as your knees, this is like luxurious round 101. If you want to turn your ear towards the left side, that's going to be a little bit more intense of a twist. Good. I'm going to choose the more gentle.

Just let yourself rest here. Let yourself be here for about three to four breaths. Feel that gentle unwinding, that gentle twisting, letting it take apart all of those sticky, tight, tense parts of you from the day. On your next big inhale, press your palms up. You're simply going to sweep back to your hips, facing away from your support. Nice and easy. Just windshield wipe the knees.

And then when you're ready, we'll take the opposite side. So now you're going to sit your left hip or if you sat your right hip, that's okay. Take your opposite hip up to the support. Make sure that your head has space, something to lay on as well. Your palms will frame the cushiony support.

Good. Let them relax almost like fetal goal position. And then again, if you rest on your left cheek on this side, that's going to be the softer, more gentle approach. And that's...

Awesome. If you want to go a little deeper or feel it a little bit fuller, take your cheek to the right side. And truly, this should feel as effortless as it probably will. But so much effort, so much effort goes to quieting, slowing down. Three breaths, four breaths. Resting here, being with yourself, enjoying the breath, enjoying the support.

In the nose. And out the nose. When the mind wanders off, that's okay. Come back to your body right here. Together on the mat in our practice. On your next big inhale, palms walk back in to frame the pillow support. Lift your chest up. You can take it away to the side now. Face back on the mat. Wiggle the knees side to side. Good.

And now, just like we had talked about, we're going to do a little legs up the wall to close with some hip openers. So you're going to find your wall support. I like to fold up my yoga mat. So if you want you to fold up your yoga mat, it might feel a little bit more supportive for your back or your shoulders. And you want to place it right against the wall. From here, trust me, it's not pretty, but it's highly effective. You're going to crawl yourself as close as you can get, almost like a little ball.

fetal position where your butt is super close to the wall. From here, simply flip onto your back.

You might have to do a little bit of a wiggle to get centered on your mat. And send your legs up the wall. Nice. If you feel a little chilly, we're going to be here for a bit. So if you have a sweatshirt, a blanket, something to put over your chest and arms, I definitely recommend that. If not, you're perfect just the way you are.

Once your legs are here and you got comfortable and you feel all situated, we're going to take our left leg and we're going to cross it over our right for a wall-supported pigeon pose. We're going to bend our right knee and allow the intensity of this stretch to be guided by this leg. So the farther down your right knee goes, the more intense it's going to be. Higher up your right heel or knee straightens, the less intense it's going to be.

I'm going to find a nice happy medium, and I encourage you to do what feels good in your body. You can really just rest your palms wherever they want to go. They can hold on to your thighs,

fall at your sides, and just close your eyes. Let yourself be in this space. This is the perfect pose for the union of ease, effort, effort in unwinding and untightening the tightness.

We might hold in our thoughts or in our hips and our body. The ease of just showing up, just being here right now. Enjoy the quiet. Enjoy the simplicity of your breath. And we'll take four more breaths, just resting in and out. If at any time you feel called to go a little deeper and draw your right foot down the wall, just make sure that as you do so you don't peel your low back off the mat.

Try to keep your low back down on the ground so you can really feel that nice proper stretch, that opening.

Take one more big breath in. And a long breath out. Straightening your right leg back up the wall first. And uncross the left. Good. Give your knees a little wiggle, a little rock. Whatever feels like you're getting that breath back into those spaces. And right away, we'll cross our right foot over top of our left for our figure four on the left side. Bend the left knee as the left foot comes flat to the wall.

That controls the intensity. So again, if you're starting to do this little peel up, lower it back down and walk your foot up the wall just a smidgen. And it doesn't need to look a certain type of way. It just needs to feel what you need to feel. Let it feel good in your body. There's no right or wrong. A constant practice of coming back to ourselves and letting go again and again and again.

without judgment, being here in this space. Give yourself the opportunity to rest in the breath for four more breaths here, adjusting the intensity where you need. When you're ready, take one more big inhale, a nice, long, easy exhale. Slowly send the left leg long, uncross the right leg, shimmy the knees, let the feet fall.

Then if you haven't already, let the palms fall at your side, the palms facing up. We'll end our practice here in our legs up the wall pose. I'm going to guide you through a body scan, just an easy, supportive practice. So take a moment here with the legs up to find stillness. And as we come into this place of rest, recovery, to quiet the nervous system, relax, and soften. We train in our awareness. We start with awareness of sensation. So allow the mind to notice your feet. Notice if there's any tingling in the toes and the balls of your feet, the heels connected to the wall. Just soften the foot, allowing the ankle to relax, almost as if you can feel air swirling through the bones and the muscles.

Pouring down through your calves. Relaxing your shin. Effortlessness behind your knees. The weight of your quads. These powerful elements of us. Just pouring into the ground below. Immediately surrendering to the support. Nowhere to go. Nothing to do. The legs are completely off duty. Notice your tailbone.

Let your tailbone fully relax like a plug to the ground below you. Anything you're holding on to, worrying about, ruminating over, let that pour into the earth. It's okay. You're here right now. Can you soften your belly? Let go of any tension there. Let that fall to the muscles of your low back, your middle back, and your upper back. The spine is supported.

Feel that gentleness and ease wrapping around to your chest, your heart space, almost as if warm water is washing across from shoulder to shoulder. You can let go. It's okay. Softening through the upper arm, letting gravity weigh the elbows, the forearm, relaxed in the tiny bones of your wrists, through your palms, out every single fingertip.

Ear awareness moves to your throat. Nothing to communicate here, just to be. It drifts up to your jaw. You can let the mouth lightly part open, that's okay. It softens the muscles of your cheeks, quiets behind your eyes, your forehead. Fully surrender the weight of your head. Allow yourself to rest in this moment.

And when you feel ready, you can slowly let the knees start to bend. Give them a squeeze. You can fall to the right or left side into a fetal position. And take as much time as you need to rise up to a seat. And when you're ready, you can flutter the eyes open. Thank you so much for sharing this practice with me. Allowing me to share my practice with you.

I hope you take all the time in the world that you need this evening to continue this practice all the way till you would have been. Namaste.