



Video Transcript

Gentle Movement To Unwind After Work

Hi, I'm Ariana, and today we're going to be walking through what I call your post work unwind or just post chaos unwind. This is going to be a nice short, punchy, quick, easy, get all of your bases, cover the bases from head to toe with the body so you can leave feeling refreshed and hopefully just a little bit lighter and brighter. Okay, let's not waste a second. Lying down, give your knees a nice big squeeze. Then let your feet fall to the width of the mat. Let your knees fall in. Good. Bring your palms, both palms, to your low belly. As always, we need to take a little rinse, take a little wash of the day to start here. So come to your constructive rest. Close your eyes, hands at your belly. Close your eyes if you haven't already.

Then we're going to open our practice. Together, you and I, three deep breaths, in the nose and out them out. Breathing in.

Exhale it out.

Good. Shake off the day. Big inhale in
exhale get it out

good one more big full in in in
exhale let it go

nice when you're ready bring the breath back to its natural resting pace and rhythm
In the nose and out the nose or in the nose and out the mouth, depending on how
your nervous system and how your body's feeling. Let the palms fall to your sides,
give your knees a big squeeze.

From here, you're going to rock side to side until you rock all the way to your
left side. It's not a nap, but it could be. You're going to take your left hand

it's going to stay on your right thigh we're going to take a funny pose called cat pulling tail but it won't look anything like a cat so you're going to take your left leg and you're going to sweep it back your right hand is going to find your toes and you're going to pull your left foot with your right hand i'll say that again your left hand is on your right leg and your right hand is on your left leg you're nailing it Then you're going to let yourself fall all the way to the right side, and you'll feel this deep,

luxurious twist. So for my desk folks, my tight low back, my have been sitting all day and your hips probably feel crazy, this is for you.

And our rule will take three breaths to settle in each pose. So really utilize that big breath in,

long breath out,

vague breath in,

long breath out.

Then one more right here.

When you're ready, release the bind of your bottom foot in hand.

Release the top hand, pass through your fetal position, back onto your back. Nice little squeeze right away to the opposite side. Knees fall to the right side like a fetal position. You're going to straighten your right leg down. Keep your ready for it, right hand on your left thigh. Bend your right knee and grab it with your left hand. So do our checklist. Right hand is on our left thigh. Left hand is on our right foot. And then lastly, let your gaze and eyes all over your left shoulder.

Perfect. You got it. You arrive. And then once you have, close your eyes.

There's nothing to focus on or think about. Just be here in the body. Feel this deep twist, this deep hip opener. Might feel a little abrupt at first, and that's okay. Give yourself the opportunity to ease in.

Easy, bra.

In and out.

On your next exhale, release the bind of the bottom foot. Release the bind of the top. Squeeze your knees back into center. Give them a little love rock side to side. Rock forward and back till we rock up to seated. Crisk cross your feet.

So just a nice, cross -seated leg. Take an inhale length in the spine, then exhale, roll all the way down. Think forehead to the mat and let this feel like a nice soft opening.

Just three breaths here,

chin to chest, give it a little wiggle. Notice those sticky, funky parts of the day. More importantly, can you relax the intensity behind your eyes and your jaw? I bet you've been doing a lot today, and this is your moment to set that aside and let it all go.

Take an inhale, slowly restack the spine, rolling up. Nice.

Bump through. We're going to come back to seated, so our butt on our heels, just to kind of get started. But you're going to tuck your toes under and you're going to sit your butt to your heels. I can bet that you were like,

whoa, what's that feeling? That is the arches of your feet being like, thank you. Especially if it's like flip-flop season and you have been gripping those toes and socks shoes, this is going to feel wild. But while we do it, we're going to take our right hand, we're going to bring it to our left temple, we're going to let our right ear fall towards our right shoulder, and wiggle that left arm out. And just open up your neck, do not yank. No, yank and neck don't go well together. gentle, easy.

Just breathe.

You stop thinking about your toes, I bet. Release that bind. Bring your palms forward. Take a second. Just tap the tops of your feet to the ground. Mm-hmm. Then you'll sit back to your heels. Take your left hand. Cross it over to the opposite side.

Let your left ear fall to your left shoulder. Let your left ear fall to your left shoulder, let your righter wiggle out. Just nice and easy.

When we're stressed, or it's cold, our shoulders creep up, constantly creeping, but relax. Then you're going to take your palms forward. You're going to flip your palms or take a little bit of a forearm stretch so you can wiggle yourself back to a table pose thumbs flash out so again palms face forward rotate like you're turning two jars and then peel them back onto the mat you'll start with your shoulders over your wrist on an inhale and then exhale you can gently rock back that's a nice one typing holding all of that You can rock forward and back, really let yourself play around with what feels good. Don't go too far. Just be nice and easy.

Good.

Breathe as you stretch.

Nice.

Good. You can flip the palms back and grab both hands. You're holding your own hand and just cycle through your wrists good then our last one just to get our sides of our body our shoulders we're going to come to a seated position sometimes it feels really good to take like a pillow or a yoga block and place it underneath your butt on your heels we're going to be here for just a little bit of time you can also take it secret trick put it right behind you frame it. Sit your butt down.

Good. From here, we're going to take just an easy side bend. Reach your left hand to the side. You can bend at your elbow. Reach your right arm overhead. As you push and bend your left elbow, keep your chest nice and tall and proud. Big breath in. Long breath out. Rise back up. Right hand to the side.

Reach over. Big breath in. long breath out good one more time left hand big inhale and exhale a last one right hand big inhale side bend and exhale good we're going to take our palms up overhead we're going to make a cactus with our arms pull our elbows down and back imagine that you're squeezing almost like you're pulling your chest to a bar open your arms open your chest good inhale up exhale you can let your head open up it should feel like whoa all that typing all that sitting like this reverse

last one inhale up and then exhale pull open cactus your arms slight arch at your

fine.

Beautiful. Shake it out. Then we'll close our easy, short little practice today with three deep breaths the same way that we started. So find your comfortable seat. I encourage you if you'd like, you can place one hand on your heart, one hand on your belly. Go ahead and then close your eyes.

Take a big breath in,
and a long breath out.

Take a big breath in,
a long breath out.

Last one, big breath in, hold it,
and out.

Let the palms fall.

Let are the eyes open?

Beautiful. Thank you so much for practicing with me. I hope you can keep this in your back pocket for any time that you need it. Now and stay.