



Video Transcript

Gentle Yoga for Stress Relief & Inner Peace

Hello, goddess. How are you? I'm Rachel and I am excited to join you for a quick release. Oftentimes, we focus on how strength in our bodies and how sweat, but we often forget to restore. So let's take 15 minutes together to do just that. Find a comfortable seat. And I want you to just find your sit bones take a deep inhale roll your shoulders up back and down and I want us to just start by taking a nice side bend gazing up at the ceiling trying to ground the sit bones as you lengthen and then inhale stack the spine and go to the other direction by the floor gaze up and really lengthen through the fingertips as you root through the sit bones, one more on either side. Side bins are always one of those things. That when I do them, I'm like, they're just so yummy.

One of those stretches we always forget we need. Lengthen up and over.

Amazing. Let's find a butterfly, so just kiss the soles of the feet together. Hold on to your ankles and really lift your chest up.

How do you respond to that word?

What does it mean to you? What does it bring up for you?

An opening, a letting go. Not only the opportunity to release, but I would argue more vulnerable, the opportunity to receive.

Inhale, come on up. Just place one hand on your heart, one on your belly.

Think of an intention you want to set for yourself or class.

An intention by the mat, both on and off.

And when you're ready, extend one leg, finding a half straddle position.

Sweep the arm up and over. And when you're ready, try to grab the outside of your leg and bow to your body. Breathe.

Surrender. Allow the chin to come to the chest,
The forehead to reach to the earth.
Feel your shoulders soften.
Feel your belly soften.
Your inner thigh.
Four more deep breaths. Staying open to each and every inhale as you expand and
being open to what happens with each contraction as you exhale.
Then when you're ready, inhale, calm one up and let's switch sides. Extend the
opposite leg. Find your sit bones first. Lengthen the leg,
toes reach up to the ceiling, side bend.
When you're ready, tail round down all over the light.
Notice if there's a difference between either side. And notice I said notice.
Notice, acknowledge, accept,
release any expectation,
release judgment,
saff in the jaw,
the neck, and the shoulders.
Inhale, rise. Extend both legs as wide as you can. And then just forward fold and
breathe.
Notice if you sing girl deeper with each exhalation.
Notice how you respond with your breath to tension.
Do you hold the breath?
Do you deepen the
One more deep in now.
Exhale, go a little deeper.
And then when you're ready, come on up. You know, go ahead and sweep onto your
back. If you have a band or a towel nearby,
go ahead and wrap it around the bottom of your right foot. Actively flex both feet.
Feel your entire body making a print on your mat, especially your shoulders.
And then I invite you to pull the band so even the upper part of your arm makes
contact with your mat. And I want you to feel like you're extending energy all the
way through both heels.
Breathe.
Try to resist a temptation to hold on to any of the tension that arises. It passed
through you.
Oftentimes, we get used to tension. Tension becomes familiar in the body.
What would we happen if we just let go of the familiar and invite the unknown?
Two more breaths.
When you're ready, take the band into both hands, open the leg out to the right.
When you're ready, bring the lake all the way across your body. Turn, look to the
side and breathe.
Are the shoulders into the mat?
Allow your thoughts to slow.

Your mind to empty.
Come back to center. Let's do the other side. The left leg up, right leg down.
Slide your hands down the band, actively flex both feet. Feel energy lengthening out of both heels. Allow the thigh to come closer to your chest.
And you're ready? Allow the leg to open to the side of your body.
early leg all the way across
Dear lower breath.
And you're ready. The spine full wind relieving. Hug your knees into your chest.
Try to squeeze as tight as you can,
allow your pelvis to stay grounded,
length and energy through your crown and out of your tailbone.
When you're ready, we're going to finish our practice with one of my personal favorites plow. So just Make sure your body's right in the center of your mat.
You're going to press your upper arms into the mat.
Bring your hips over your shoulders.
Try to flex your feet and
just surrender and breathe.
down away from my ears just allowing my neck to lengthen and as you lie here think
about one thing you want to release the one you want to receive so
release out of the left hand receive into the right
One thing out. One thing in.
Sworn thing in. One thing out. Deep inhale,
reaching up. Exhale, hug your knees into your chest, roll to a fetal position.
Gently come to a comfortable seat. Gaze down into your lap.
One final breath. As we inhale, reaching up, exhale,
seal your practice at your heart. Thank you for taking time for you and sharing it
like me, and I look forward to seeing you again soon. See you later.