



Video Transcript

Restore & Flow Yoga

Hi, I'm Ariana Bickel, and I am thrilled to be guiding you through a restorative flow today. Today's practice really is intended to bring us into this space of peace. We are giving, we are moving, we are constantly on the go. And sometimes the best way to quiet our minds is to quiet our bodies. And that's exactly what this is intended to do. Naturally, how I'd love to start.

is starting in a kneeling posture. If your hips are tight like mine or your low back is a little sore, just grab a block like I did and slide it right underneath between your feet and you can sit your pelvis right on top of the block. Good. Once you get comfortable, also before we start, if you have couch cushions or pillows that are really supportive and super poofy, I recommend grabbing one or two of those for some of the postures we're going to do today.

If you don't have one, that's totally okay. I would just grab a blanket and roll it up really tightly, sort of like a sleeping bag roll. You can set it to the side. Otherwise, grab your yoga blocks and we'll get started. Placing your palms face down on your lap. And when you feel comfy and settled in, you can close your eyes to begin. Gently allow your chin to lightly tip forward, keeping a long, proud spine.

and whether it's morning or afternoon or evening where you are taking a moment to notice your internal landscape what is the inner state of your mind today it could be messy or distracted or tired or content whatever came up for you that's okay we come into this place of breath starting to notice what it feels like as you draw the air in through the nose

And that long, slow exhale out the mouth. Settling. Another big inhale in. Exhaling out. One more big inhale. Exhale, let it go. Shifting your breath back to its natural resting pace. This time in through the nose. And exhaling out through the nose. Creating this warmth. This slow, stable place. For you to breathe.

and rest in your body. Allow the mind to follow this next breath in and out. When you're ready, we begin our practice slowly fluttering the eyes open. You can shift off of your block. You chose

to use your block for support. Facing the long way of our mat, we're gonna take our legs into a child's pose. Taking our blocks, having them hold the wide side up.

taking your elbows as if you were going to come into an elbow point this time you're going to walk your elbows to the edges about the middle of the block hands come to a prayer pose and then your thumbs come to the nape of your neck as you let your head fall through opening up your chest letting your heart feel nice and wide you may notice a little stickiness in your back and your shoulders and that's okay coming back to this easy breath and allowing the body to settle

never forcing. It's important to remember that as we take this pose and as you settle in, giving yourself a place to feel comfortable. So letting the body pull back if it needs to, readjusting if you need to, and then finding a place of peace. Again, coming back to this sense of letting the body soften to let the mind soften. We'll take three more breaths here.

Nice and full in the belly, in the lungs. Notice that the heart space can fall. Enjoying the quiet and the stillness. Taking another big breath in. On your exhale out, let the arms slowly elongate. You can tent your fingertips to press up. Take your blocks, you'll set them aside. Then you can find that blanket or that cushion and that support that you first grab when we started our practice. You're going to place it right in front of your knees, sort of right near your pelvis. And if it overlaps a little closer to your chest or pulls farther into your legs, that's okay. From here, we're going to take a supported child's pose. So it sounds as lovely as it looks and feels. Walk your chest down to your support, open your palms, sort of like a goal pose, and then just rest onto your right cheek. Here, we're ever so slightly stretching our neck.

It feels really lovely, almost like a supported nap. And sometimes it's hard when we're in this pose. This is a pose that may feel like we should be doing more or practicing more or have more effort to let yourself get settled. Let your chest be heavy. Let the eyes rest. I always like to close my eyes as I take a restorative practice. Maybe the lips part open. That's okay.

We have three to four breaths here. Just to settle in, notice any tension in the neck and let it fall fully to the support below you. Big cleansing breaths in. Long, soft exhales out the nose. Taking one more big breath, letting go of this side of the body. Exhale, you can let it go out the mouth. Tenting your fingertips, slowly lifting the chest back up. And then creating that balance in our body. You can shrug or roll the shoulders up.

And we'll take our left side. So now we lower our chest. Same thing, taking those goalpost arms. And now our left cheek comes to the support below us. Allowing your chest to fall heavy. Let your belly just rise and fall. And here, maybe noticing a difference. One side feels easier than the other. Maybe more difficult.

Whatever that sensation is, we embrace it and allow ourselves to rest in this place. Nowhere else to go. Nothing else to do but be here. Big breath in. Long breath out. Fully surrender for two more breaths. Noticing as you let go of that tension. One more big inhale in. Long exhale out. Tempting the fingertips, pressing the chest back up.

Good. You can shrug the shoulders or let the head roll if that feels good. From here, I like to call this our little mermaid pose. You'll get what it is when we get there. Coming to your table pose, we'll pass through sitting with our legs about knee to knee stacked, sort of like the little mermaid when she sits on the rock. It's important here that our hip is right in line with our support, whether that be your blanket or your cushy pillows.

We're going to take a very similar setup that we did in our child's pose. If at any point before we get into this, your hips feel tight or uncomfortable, I always encourage maybe more of a broken position. So taking your right leg forward, sending your left leg back. I'm going to take it with our knees stacked, but I always encourage you to make adjustments where your body feels best. Once you've set up your support, we're going to bring our palms to frame both of our cushion or our pillow.

Lower our chest, our sternum, our head down, and start with our right cheek resting on the support of the pillow. Let the palms open. This is our supported spinal twist. This feels especially lovely after a really long day or maybe a really exhausting morning to reset our spines. And it should feel as good as it may look, fully surrendering the weight of our body.

Now I'm beginning with my right cheek on the bolster support or on my cushy support. But if you want to turn up the volume ever so slightly, remember it is a restorative class. You can take your left cheek and switch to the opposite side. When you do this, you'll notice just a little bit more of a twisting motion, getting a little deeper into the top part of our spine and our shoulders.

and we'll spend four or five good breaths here bringing out our digestive system settling our heart quieting our nervous system here nice big cleansing breath in long breath out surrender the body a new pose a new opportunity to rest relaxing the muscles of the face and the jaw the less movement

we have the more we can tap into what's happening in our minds to get quiet to notice and to be with whatever is here today with two more breaths in this pose taking one big inhale breath long exhale up walking the palms to frame your chest and shoulders slowly lifting up

You can feel a little funky at first. You're going to shift back to the edges of your hips, your pelvis, have your fingertips pointing forward, and then just windshield lift the knees. Nice and easy. Let it feel good. Sort of a reset for the back and the hips. Once you do, you let your knees fall to the left. Just so I can face you, I'm going to switch opposite sides, but I'll show you. You'll switch to your left side. Line your hips up. You'll frame your palms.

And then you'll lower your chest down. I'm going to switch to opposite sides as you get settled in. Again, same thing. Knees can be stacked or they can be open depending on how your spine and how your body feels today. Once you've settled into this pose, start with your left cheek on the support. Feels nice and easy as the spine and the chest. Just get comfortable with this space.

allowing those deep cleansing breaths to tell your body it's okay to be resting here with two or three breaths to allow you to settle if you'd like again on this side if you took it on the first side shift to your right cheek giving ourselves this deeper more cleansing twist taking this opportunity to enjoy again this quiet this stillness letting the mind follow

The path of the breath. Easy breath in. Long breath out. Good. Taking two more here. Noticing if the body has shifted a little more. Dialed down. Surrendered. One more big breath in. Long breath out. Palms come to frame the support. Slowly lifting the chest up. Good. Same thing here. You can scoop your support out of the way. Flipping back onto your pelvis. Fingertips pointing.

forward almost like you're going to take a reverse table and just windshield wipe the knees side to side let this feel good in the hips noticing the spine then from here we're going to scoot back on so our bolster or blanket or a pushy support scoot your hips back so your legs are long

almost like you're going to take a forward fold with your pillow or your blanket or whatever support you've chosen we're going to bend our knees and we're going to slide it under our knees giving ourselves a nice supportive

forward fold stretching the heels long inching the pelvis back really thinking about this long long low spine taking our hands stacked like a little firelock pose we're going to settle here let the forehead fall to the forearms and just rest the weight of our head here you should feel the backs of your knees super heavy onto the support feel the breath elongating your spine

And this should be as simple and as effortless as possible. So as you settle in, always checking and wiggling and finding those places where you can get just a little bit deeper. And then being comfortable right there. We'll take three nice long breaths here. Feel the belly pass to the thighs, opening up our lumbar spine, that little, low back.

That gets so tight as we sit all the time. Compressing our spines. Here's the opportunity to be open. Relaxing the shoulder blades. Relaxing the face. Doesn't matter what the body looks like. It's how it feels. One more big breath in. Exhale, let it go. I'm going to uncross the arms. Just inch up your legs. Good. Sliding the support from below you. You can shake out the knees. I think that always feels nice in between.

We're going to take our support behind us here, right at about our tailbone. You can inch your butt or your hips down. And then here we're going to let our back open up, a nice big chest opener. So I like to bring my fingertips until I slowly lower to my pillow or my blanket, elongate my legs, let your palms float up, let your head fall back. Some of you might recognize this pose, almost like a fish pose. Our nice supported heart and chest opener.

I love this one. It feels like a huge release. Let your ribcage, let your belly, let everything go. It's okay to feel vulnerable to the space here. Take four to five breaths in this space. Feel this heaviness of your hips. Notice gravity doing so much of the work for you here. Giving yourself three more breaths to settle. Can you let go a little more out your toes, out your fingers, big breath in.

A long breath out, the nose or the mouth. Very slowly when you're ready. Even take your right or left arm, carve it over the chest. Let it fall to the side as you fall off your support into a slight beetle position. Pressing yourselves up. You can remove your bolster, your blanket, your cushy pillow. This time we're going to come onto our backs. The best part, in my opinion. Even though all of it's quite luscious.

Coming back down, rolling down. And from here, we're going to take our support and we're going to slide it under our pelvis. We're going to recreate what we call legs up the wall, but you don't need a wall, which is the funny little trick. You want to find where your tailbone is. Slide your blocket, your pocket, your blanket, your block, whatever it is that you need, right underneath your tailbone. From there, you want to feel almost weightless with the legs. So you might need to scoot it and that's okay. Your body will know it's the right place to be. I love to go. my hands on my low belly and just rest them here as i get settled in you want to feel this weightlessness of your legs so i like to consider this pose sort of like when you see someone stack a pencil on their finger and it somehow magically floats that's the intention we're creating with our legs here all of this time our feet are below us at a desk sitting at a table walking running we never get an opportunity

to just drain our legs and let them be completely off duty so use this pose as a way to bring you into this deep restful place settle the palms wherever feels comfortable allow yourself to close your eyes it's okay if the legs slightly move or flutter find this weightlessness and settle back into our breath easy inhales and long slow exhales

You may notice tingling or this weightless sensation in your legs, and that's okay. An opportunity for them to fully rest and recover. Our first time truly lying on our backs. Use this as an opportunity to scan the spine to the crown of the head. Can you let the shoulders and the chest fall a little bit more to the support below you? Can you relax your throat?

Soften your jaw. Maybe the mouth lightly parts open, that's okay. Smooth the muscles of your cheeks all the way to the tip of your nose. Quiet behind your eyes and just let yourself rest here. inhaling through the nose, exhaling out the nose or the mouth. And I encourage you, if this pose feels really supportive and really nice on your body today, you can end your practice here. If you'd like to slowly come out and come into our traditional Shavasana, let the knees fall into the chest. From here, you'll slowly lower the feet down to the mat.

Shift the hips up, taking your support to the side, rolling your spine down. You can give it a wiggle if you need. Walk your legs long, and we'll meet here for just three to five breaths. Find a moment of quiet. I'll be turning off to give you the space that you need to reset and recover and stillness and quiet. I'll be keeping time, noticing where the mind wanders.

Gently bringing it back to the body as it rests here. Nowhere to go. Nothing to do. Now you're welcome to stay in your Shavasana for as long as you need. If you're ready to begin your evening, your morning, your afternoon, start to wiggle your toes. Brush the pad of the thumb to each fingertip. Taking a nice big inhale breath in. On the exhale.

You can stretch the arms overhead, let the body get nice and long. And settle. Bending the knees, walking them in, and then falling to the right or left side into a fetal position. You can pause here for a second. Let it feel really nice and slow. Shifting up to a seat. The same way that we started, it could be kneeling or crisscross. I'll start kneeling.

You can take one hand to your heart, one hand to your belly. Let your eyes rest. I'd like to thank you for sharing your practice with me, allowing me to share my practice and knowledge with you. May the light in my heart bow and offer the light in your heart. Namaste, and thank you for this lovely slow flow together.