



Video Transcript

Stretch & Breathe After A Long Day

Hi, I'm Ariana, and today we're gonna walk through a super fast, just easy body reset. This is something you can do as luxuriously as you can see sitting in a chair at your desk, in the car, on an airplane. If you know you've been sitting for a really long time, and this starts to get crunchy. This is the exact practice that we should be doing.

So. To get started. Hopefully you're not driving your car, but if you're sitting on a long road trip and you're the passenger, you're sitting in your airline seat, you're sitting at your desk, scoot your butt near the edge of your chair so that you can really focus on a nice dignified spine to start.

Place your hands at your knees. If you've been a yogi, you'll kind of recognize this like a cat cow. And we're gonna start right away by just inhale opening the chest so you can pull the elbows back. Take a big breath and open your chest, and then exhale. Keep that bind to the knees and hollow. Wiggle your back.

Let your chin fall to your chest. It should feel good to your shoulder blade. Inhale, open, press. Exhale. Pull away around. Good. One more. Inhale, open breath, and then exhale all the way around. Wiggle side to side. Good. Rise up to center. Let your palms fall at your sides. Take an inhale, roll your shoulder blades up for one, up for two, up for three, and then take it backwards.

Go back and then forward. Good. Two. Let them fall. Don't try to stress yourself through it. Just let it shake. Good. And then one more forwards up and back for two. Good. And for three. Nice. Take an inhale. Reach your palms up nice and long. Keep your shoulder blades down, so don't go like this. Let them fall.

Take a big inhale. Lengthen your fingertips eye. Exhale. Open your chest. Let your head fall back. Be careful you don't hit your friend next to you, or else they won't really like you. Inhale, reach up, get tall. Exhale, open the chest. Good. And feel like you're really pressing your chest forward. And inhale, reach up tall.

Exhale, press the chest. Good. Take your right hand. Bring it to your left temple. Let your left shoulder fall. Close your eye. Same thing. Three breaths. Keep space between your right ear, your right shoulder. Feel all of this falling. Don't be just gentle, just press

good. Rise up gently turn your chin. Think about it like. An old prom photo, gently turn your chin towards the corner of uh, your shoulder. Hannah is gonna come towards the back, almost like towards a bun, a ponytail, or like where you might have a hat hit. And then draw your chin towards your chest. Your right side of your chest.

This should hit the back of your neck. Just three breaths here.

Nice release. Come back to center. Peel your right hand across your chest. Grab across, feel almost as if your friend is pulling your arm. Nice. Good. Shake that out. Take your right hand bend at your elbow like you're high fiving your own back. Take your left hand to your right elbow. Take a big breath in and then when you're ready, fall to the left side.

Don't actually fall. Just pour over just slightly till you feel that nice side bend. Good. Come back to center. Shake it out. Right side check. We'll do the left side, left hand comes to your right temple. Feel that tension released from your right arm. You can let it fall. That actually feels a little bit nicer to not try to hold it up.

And as we're doing this, make sure you're breathing just easy. Nothing crazy, just in and out.

Rise up. Turn the chin just slightly to the corner of your shoulder. Left hand comes behind the head. Draw chin to chest.

Just three breaths.

Melting away whatever tension you're still holding. Rise up, wrap your left arm across straight, take your palm. Feel like you're pulling your shoulder, and as you pull your left hand, you're pulling your left shoulder back. So there's this really nice opposition opening up the outside of the arm. Good. One more breath.

Take your left hand almost like you're high fiving your back. Think elbow towards the crown of your head. Reach your right arm overhead. Big breath and get tall. Relax your shoulders side. Bend to the right.

Good. Come back to center. Shake out. Shake your palm, shake your shoulders. Don't feel silly. Let it feel good to close. Place one hand on your belly. Close your eyes if you haven't already this whole time. Take a big breath in, a long breath out. Let go the back. Let go of the shoulders. Big breath in.

Long breath out.

Nice. One more big breath in.

Long breath out.

Let your palms fall. Open your eyes. You did it. Good job.