



Video Transcript

Yin Yoga Flow

Yin is probably something that you might not have heard before or have done before. And if that's the case, I'm incredibly grateful to guide you through your first practice. If that's not the case, you may know that yin is really difficult to sit with. What yin yoga represents is the opposite of the yin and yang. It's that slow, still...

really nitty gritty energy that we harness through holding poses probably a lot longer than we want to. So although it's not physically fiery breath and sweaty, it's internally demanding. And know that we will all be here, myself and anyone who's tuning in in the community together to guide us through this. So in knowing that.

Have a space of compassion and care for yourself as we get seated and get settled. We're going to start our practice today on our backs. So when you're ready, if you need to, you can have some blocks or support. Otherwise, I'll give you some alternative options. Coming down, lying flat, taking a constructive rest to start. Let the knees fall in. Let the feet walk out. Bring the palms, one hand on your heart, one hand on your belly.

We practice arriving together here. Flutter the eyes closed if you haven't already. Good, and take a moment to just acknowledge this space. Acknowledge the room you're in the day, morning, week, evening that you have had. Then give yourself two or three breaths to arrive. Big inhale through the nose. Big exhale out the mouth. Again, big in.

Long out. Feel the pressure breathing from the palm into the belly in. Exhale out. Use this breath either in the nose or out the mouth, in the nose, out the mouth, to guide you through these poses today. You can release your palms, hugging the knees into your chest, giving them a nice big squeeze, rocking side to side. You're going to let the knees fall to the right side to start.

Your left hand is going to find your right thigh. Your right fingertips are going to reach along, just like you're taking a spinal twist. Here, you're going to take your left leg. You're going to extend it straight. And then you're going to find a bind called cat pulling tail. Your right hand is going to

find your left toes, almost like you're taking a quad stretch. And your left hand finds your right quad. So a bind within each palm, pulling the shoulder blades down. and letting yourself rest on your right cheek. Good, once you get settled in here, noticing what's coming up. Where does it feel intense? Where does it feel sticky? And breathing into those spaces. In a yin practice, I always like to close my eyes and really let myself get into my body. Where am I resisting? Where am I fighting? Where am I holding myself back? Good, nice big breaths in. Long breath out.

Taking as much time as you need to soften, to let go. The minute that you are ready to move on, to keep forging your path forward, is the moment to stay and discover something new. The spine gets heavier, the hips can release. You let go of something different that's come up for you. Taking one more inhale.

On the exhale, release the bind of the foot. Release the bind of the thigh. Come back to center. Nice and slow and easy. Wiggle the hips. Rock side to side. When you're ready, your knees are going to fall to the right side. You're going to open your palms again. Right hand finds the left thigh. The left hand is going to find the bind of your bottom foot. So left hand grabs your right toes. Right hand grabs your left.

thigh. I know it's a little bit of a tongue twister for the body. And then we rest onto our left ear or our left cheek and we settle into something new. That slow breath as your guide diving into discomfort. We spend about five to six breaths in this pose and nearly each and every pose allowing ourselves to go deeper.

And in our yin practice, it's not about yanking or pulling or pushing to get to our biggest and fullest depth. It's really about letting the body ease with each two breaths. Maybe you get deeper. And then resting in that place. Taking two more here to settle in. The shoulders fall a little bit heavier. The spine, let's go. Big in, big out breath.

Good. When you're ready, release the bind of the bottom foot. Release the top knee. Start to hug the knees into the chest. Rock side to side. Allowing the spine to start to move forward and back as you rock forward and back until we rock up to seated. Here, just shifting the hips. A nice, easy crisscross. You're going to lengthen the spine long. And then exhale. Just simple, easy fold forward. Spending time here with the chin to the chest.

Let the spine be heavy. Just a few breaths to bring out to create this opposition. Allow yourself to be in the space where we're kind to our mind. A moment of quiet. When we move slow, we tell our mind it's okay to think. It's okay to wander off and it's okay to be exactly where we are. We don't need to rush. One more breath.

When you're ready, inhale, crawl the fingertips back. You're going to bump through your seat, coming into a table pose. Table is going to be our home base.

for the first part of our flow, you can wiggle the hips and knees out, tap the tops of the feet, tuck your toes under, and then meet in your down dog just for a moment. Tread through the feet right and left. Good. When you're ready, gazing forward at your palms, you're gonna step your right foot forward, lower your back, untuck your toes, and meet in your low lunge. To set yourself up, Breathe your fingertips and press them to the middle part of your thigh. Push your knee away. Lift your chest up high and take a moment to settle here. As we push our chest away and we squeeze our left glute, we create this super long open hip flexor. From here, we're going to straighten our front leg for a half split. We're going to spend a bit of time here.

i encourage you who have support to take your blocks you're going to elongate them nice and long send your hips back walk your fingertips forward with your support lengthen your spine over and we'll be here for about five to six breaths if you feel that you don't need the support or as you rest in this pose and you want to just go without your blocks embrace how your body feels you are the best teacher for your body

Maybe you feel like flexing your toes back, increasing the intensity, or just resting here. Notice what comes up. And again, this opportunity to be kind to our mind. Not thinking about wanting to get out or change or fix this moment, but being right here with exactly where you are, what you're feeling. Taking three more breaths.

Ian yoga requires patience, something that is incredibly difficult for so many of us to be patient. We're always wanting more, the next thing. But can we sit and enjoy this moment, be in this space, feel this sensation? When you're ready, just like that, we are allowed to move on.

it passes and we come into our dragon pose we prep ourselves both hands come to the in step of our right foot if your knee starts to feel a little funky you can always slide a sweatshirt a blanket underneath your knee or just keep it as is for dragon you can start simply round one here with your palms up level two round two would be placing our elbows onto a block at its highest height or its lowest

and settling into this space. And the last variation would be taking our palms and our forearms all the way down. Let our head and our chest and our neck fall with this space. Let your right knee really fall out if you need to create more space between your shoulder and your knee. This is an incredible stretch for those that are big runners, are running friends. So really be gentle here with yourself. We're gonna spend

quite a bit of time teaching the fascia teaching our muscles a new place to be so again bringing patience to your practice compassion letting that guide you we get comfortable with being uncomfortable use this breath to guide us taking three more breaths in the nose at any point if you need to adjust and rise back up giving yourself the opportunity to take care of yourself You'll know when it's peeing, and you'll know when it's really pushing to the depth of your practice. Take one more breath, and you're dragging. When you're ready, you'll rise up with your hands, rise up with your hips, meet back in table pose. Good, tuck your toes under, send your hips high, wiggle out through your feet, right and left. Good, that should feel nice. When you're ready, you'll step your left foot forward, meet in low lunge on the left side. Here, braid your fingertips.

press to the middle part of your thigh open your right flexor send your chest high big breath in good exhale we take our half split if you lose blocks on the first side you can take your blocks again and set them up otherwise meet right here sending your fingertips nice and long sending your hips back along in your spine and find a place where you feel comfortable in your body to rest we'll be here for about five to six breaths

noticing what comes up one side may feel different than the other more difficult or easy and that's okay it's embracing that yin and yang of our yin practice to feel this and that in life things can be difficult but enjoyable to really allow ourselves to enjoy the practice but embrace the difficulty

Notice that you can get a little bit deeper. The body starts to surrender. It's this beautiful thing of just letting go for two more breaths. When you're ready, you'll slowly rise up, lunging your weight

back into your front leg. If you need a little more cushion for your back knee, feel free to grab and adjust. Walk your hands to the inside of your left foot. You can adjust your heel out a little bit wider. Again, taking your Dragon Pose.

Whatever variation you took on the first side, whether on your palms, on a block, or down at your elbows, I encourage you to match that. Create a sense of equilibrium of balance in the body. Come to a place that's comfortable. Relax the shoulders, the jaw, the eyes, the head. And we'll be here together. Breathing space into the sticky parts of our body, the sticky parts of our mind.

the more that we can encourage the body to relax, the more that we can encourage our mind to relax. So letting go of tension that we notice when it comes up our shoulders, our jaw, our hips, less control, more embracing the feeling and then taking care of ourselves.

Again, yoga has a beautiful way of sharpening our intuition of knowing what's right for us, listening to your body and what it needs and what it wants. To go deeper into a pose, to pull back a little, the practice of listening. We'll take two more breaths here. Are you ready on your next breath? Slowly walking the palms up, shifting your knees back.

Moving super slow, the body can feel a little crazy if you move too quick. Tread through our right and left, bending knee and knee. Good, that should feel nice. Let the heels come heavy. Take a big breath in, a long breath out. When you're ready, gazing down, coming to a seat. I'm gonna face you. You can face the long way of the mat. You can shimmy out into your knees. We're gonna take shoelace pose on the right and left side.

For shoelace, we're going to take our left foot under. And just like that, the visual of the shoelace is take our right knee on top. So think this is the knot of our laces and our legs are the extension. The farther we bring our shins forward, think shin, knees, shin, the more intense the pose will be. I encourage you to square your hips off, keep them nice and long. And then when you're ready, you're going to walk your palms forward and let the head hang heavy.

We'll be here for a handful of breaths. So really allow yourself this opportunity to ease in. Maybe it's that you just let your chest ever so slightly fall and then you could creep farther into the pose. Whatever you need for your practice today, that is perfect. Set yourself up for a place of comfort and notice what comes up here. Every pose in this practice has a different feeling.

we have a different reaction, and we allow ourselves to sit with that. We have four more breaths here. Can we soften our jaw and our eyes? As we relax our body, if we relax our face, that helps us to encourage softness in these more intense, larger parts of our body. Two more breaths.

Our next inhale. Long exhale, let it go.

When you're ready, rise up slowly. This can always feel a little crazy. Uncross the leg. Shimmy out into the knees. Give yourself some oxygen space in the hips. Let me take the opposite side. Slice your right leg underneath. Place your left leg over top. Again, shoelace pose is knee to knee, shin to shin. One side definitely feels different than the other, especially for myself.

Get a nice long spine, feel your sits bones as rooted as they possibly can be, and then reach your fingertips forward. Again, giving yourself the opportunity to ease in. You don't need to go zero to 100 on any of these poses, really making it a space for you to carve out what you need. We'll be here for five to six breaths before we conclude our practice. So let yourself settle in. Again, if the mind has wandered off, the breath is your guide back.

your safe anchor, your place to explore and to be. Embracing this change. So much effort required. Although there's not a ton of movement happening, there's so much happening internally. Our muscles, our mind, the inner buzz and energy of changing the tightness and the grip. Taking three more breaths to get a little deeper, to show up more for yourself.

Take one big in. A long exhale breath out. When you're ready, slowly walk the palms, rising up. Uncross the legs. So nice and easy. Shimmy out into the knees. Fingertips point forward, windshield wiping the knees side to side. That always feels really funky after a shoelace pose. We're going to close our practice with a nice seated breath.

if you want to just sit crisscross and that feels good for you absolutely take that i like to sit on a block i'm going to place the block below my pelvis you can also kneel that feels good coming to a comfortable seat we're going to close our practice with one hand on our heart one hand on our belly reconnecting to each other and ourselves take a moment to close your eyes if you haven't already

Breathing light goodness into this space, we take those three deep breaths in the nose, exhaling up. Exhale, release. Inhaling in. Exhale. One more big inhale breath. Exhale, let it go. Pausing for a moment here for yourself. When you're ready, flutter the eyes open. Let the palms fall. 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 honor the light in your heart. Namaste. Thank you so much.