



Video Transcript

Yoga to Build Heat & Ignite Your Fire

Hi, I'm Ariana, and this is going to be a quick, fast, maybe hot and sweaty, what I call ignite your inner fire. Get warm, get breathy, let it all out, take up space. Make the most of what you need, whether it's starting your morning, you want to hit the ground running, or at the end of a long day, you just want to sweat it out. This is the flow. So let's get started right away. Let's not waste a second. We're going to start in frog pose.

Lying on your back. Let your feet kiss, the bottoms of your feet kiss. Let your knees fall out. I love to place my hands right near my inner thighs. I think it always feels nice to have a little bit of support. If you want them on your belly, you want them at your sides, choose what feels good for you. And take a moment to arrive. Close your eyes. Relax your shoulders. Relax your jaw. Soften your faith.

Our rest is just as important as our intensity in order to achieve, in order to push. Embrace that opposite side, that softness. So we'll open this practice up by connecting to our breath, taking three deep breaths in the nose and exhaling out the mouth, breathing in and exhale out. Inhale in and exhale out. One more big breath, inhale in. Exhale, let it go.

Bringing the breath back to that nice, thoughtful, fiery rhythm, breathing in the nose, sealing the lips, and out the nose. Notice the intention of breath here. And as we connect breath, body, and mind, call to mind your intention. What's that thing that drove you to the mat today? And it can be simple. It could just be I wanted to move. That's okay. If it's something deeper, bring that. Word, thought, phrase to mind. Seal it in with an inhale. Fill the body up with this intention. Let it be every part of your being. Exhale out the mouth. Let go of what's not serving you. Release the hands from the thighs. Give them a squeeze now from the knees. Flex and point the toes if it feels good. Rock side to side. Then we rock forward and back. Rock up to seated cross through. Meet in table pose to begin.

Press through, palms right underneath the shoulder blades. Knees in line with the hips. Push the floor away. Inhale, gaze up, arch. Exhale, hollow out. Just three, let it feel like a nice

awakening. Shed the layers that are inhibiting you from living out that intention from being in your body today. Last one, exhale. Push the floor away. Open up the shoulder blades.

Come back to neutral. Here we're going to tuck the toes under. Hover the knees slightly off the mat. Feel this intensity. Think nose pointing down to the ground. Good. Breathing here. The body might start to feel a little bit shaky. That's good. Embrace that shake. Inhale. Breath in.

Exhale. Down dog. Take a second. Tread through the feet. Find a moment.

We're practicing in awareness, the awareness of noticing what our body feels like through every passing moment and not trying to hold on or change each sensation. What feels good, you can let it feel good. What doesn't feel good, let it not feel good. And you'll come back to your floating table. Let the knees hover, push the floor away. Embrace the power you have. Start to feel the heat, big breath in. Long breath out. Good.

This one's tough, I know. You got it. One more big breath in. Long breath out. Push the hips back. Down dog. Like everything, the difficult moments pass. The tough moments pass. Bend and walk out through the knees. This time, you're going to walk your hands back to your feet. Take that nice forward fold. You can grab at the elbows. Rad doll pose. Dangle side to side. Sway side to side.

Nod the head, yes or no. So you loosen up the jaw, loosen up the neck. Let it just feel good. If you haven't already, straighten your knees. Let your palms fall. Inhale, take a nice flat back. Lengthen, get a little bit more space. Think tailbone to the sky. Exhale, hold. Inhale, stack vertebrae by vertebrae. Good, roll up through the spine. Reach the fingertips up overhead. And then exhale, baby cobra.

with a nice wide cactus arm. So think, lift the chest, arch back, pull the elbows down, flash the heart open. Inhale, lengthen back out. Exhale, dive, fold forward. Inhale, big breath in. Exhale, long breath, fold forward. Walk the hands back out to your plank and hold. First time taking that plank, push the floor away. Tuck the pelvis under. When you're ready, exhale, lower Chaturanga.

Inhale, upward facing dog, tall proud chest. Exhale, push the floor, down dog. Bend, wiggle the knees if you need. Take a big breath here. Send the right leg long, three-legged dog. Bend the right knee, step it through, crescent warrior. Parallel your back toes, press up to your back toes, almost like a little stiletto. Reach the fingertips long, think squeeze the low belly, squeeze the left glute. Think pinky fingers in, thumbs slightly out.

Settle in, feel this power, loading up strength through our right leg, elongate through our fingertips, take up space. Let the body be proud as it takes up space. When you're ready, pivot open warrior two. Think your right heel draws a line to the arch of your left foot. Press your arms down. Imagine I'm trying to lift them up, you're pressing them down. Good, gaze out towards your front fingertips. Think fingertip to fingertip, reach nice and long. Try not to tip the chest. Keep the chest in line with the hip. Good. Big breath in. When you're ready, reverse warrior. Slide your left arm back. Reach your right arm overhead. Lunge deeper in your right leg. Nice. A breath to get settled. When you're ready, rise back up. Windmill the arms forward and down. Step the toes back. Chaturanga. Inhale, upward facing dog. Exhale, downward facing dog. A good breath to resettle.

Left leg comes long. Three-legged dog. Bend the knee. Step it through. Crescent warrior on the left side. Press through the back toes. Rise up tall. Same thing. Squeeze the pelvis low belly. Fingertips. Pinkies in. Thumbs out. Get tall. Get proud. Reach the fingertips longer. Reach. chest higher one more breath exhale we open up to warrior two on the left side see from fingertip to fingertip can you see that nice long line rotate your back toes slightly in front toes reaching perfectly parallel out knee over ankle energy through the palms always active never passive it may look still but inside there's fire there's heat there's intensity that takes to hold this pose

Reverse warrior when you're ready. Right arm comes back. Left arm overhead. Big bend in the front knee. Inhale, rise back up. Exhale, windmill the arms down. Step the toes back.

Chaturanga. Inhale up. Exhale back. Big breath in. Let's repeat one more time. Get a little bit fuller, a little faster. Inhale, right leg up. Exhale, step it through. One breath per movement. Inhale up. Good. Exhale, we take our warrior two. Same thing.

Lunge into your front leg. Reach your fingertips long. One big breath. Sweep your arm back.

Reverse warrior. Big breath in. Exhale. Let it go. Windmill the arms down. This time you can float the toes if you'd like. Float your right toes. Single leg. Chaturanga. Good. When we're ready, left leg long. Three-legged dog. Bend your knees. Step it through. High lunge. Crescent warrior. Press through all five toes in the front foot.

Big breath in. Exhale. Open out warrior two. Left side. Get strong. Take up spade. Left arm overhead. Right arm back. Reverse warrior. Big breath. Inhale. Rise up. Chaturanga. Same thing. Send your left toes back. Single leg if that's a part of your practice. If not, totally okay. Good. Take your down dog. Bend your knees. Gaze at your hands. Walk or float your feet forward. Beautiful. Take a moment here.

Inhale, flat back, gazing out. Exhale, fold over. Roll through your spine. Get nice and tall.

Shooting out your feet, rise up. Practice arms just like how we started. Exhale, low arch. Bend your elbows down, open up. Good, inhale, rise up. Exhale, fold forward. Inhale, flat back, gazing out. Exhale, grind your palms, walk or float your feet.

Chaturanga. Inhale up. And exhale down. Halfway there. How can you get grounded? Re-arrive to that intention. Re-arrive to that breath. Take a big breath in the nose. Exhale out the mouth. One more in the nose. And out the mouth. Right leg long. Three-legged dog. Bend the right knee. Step it through. Crescent warrior.

Starting to add on, notice and listen for the changes. Inhale, sweep the fingertips up overhead. Crescent warrior deep lunge. Good. Exhale, pass the palms through heart center. Open out warrior two. Ground through the fingertip. Take your right arm back. Your left arm slides down the leg. Reverse warrior. Good. Big inhale in from here. Press off the right leg. Single leg balance at the top of the mat.

Hug the left knee into the chest. This is part one. If you feel good here, cruise here. If you think you can take a bind, take your right hand to the inner arch of your right foot. When you're ready, you can reach your left fingertips behind you and then allow your gaze to follow your left hand. Big breath in. Whatever you chose, embrace that.

Come back to center when you're ready. Release the bind and this time hands to heart center. Warrior three. Point the chest down. The left toes point down. Get tall through the crown of the head like a capital letter T. Good. Find a big breath here. Nice. When you're ready, hands are

going to find the mat. Step the left toes back. Float the right leg. Single leg chaturanga. We keep moving on. Good. Nice breath. Beautiful.

Find those moments to connect to your power. Take your left leg long. Bend your knee. Step it through. Crescent warrior on the left side. Rise up as we build on. Proud chest. Exhale warrior two. Take your left arm up. Slide your right arm back. Reverse warrior. Nice big open. Proud spine. Chest. Heart. Inhale. Rise up. Press off your left leg. Single leg balance. It's okay to take a pit stop in between.

if your toe touches the ground. When you're ready, hug the knee into the chest. Option one, you can just draw it closer. Option two, if you can, take your left hand to the inner arch of your right foot. Beautiful. Reach your right arm long. And then when you're ready, and if you're ready, float your gaze back towards your backhand. Find that point of connection, that point of breath. It's okay to fall. We're only human.

Just come back to what feels good. When you're ready, come back to center. Try to float the leg, hands to heart center. Warrior three, think nose down. Flex the right toes, lift the belly, elongate. Good. Two breaths here. Feel this power, this grounding you right to the floor, energy in the body. Bend the knee, bring the palms down, float the left leg, single leg chaturanga. Good. Inhale up. Exhale down.

Another big breath in and a long breath out. We repeat one more time with one last bit of changes. Take the right leg long, three-legged dog. Exhale, bend the knee in towards the nose, squeeze. Good. Inhale, lift it back up. Exhale, bend the knee towards the nose, squeeze. Crescent warrior, reach up tall. Beautiful. Exhale, warrior two. Keep moving and grooving. Inhale, exhale, reverse warrior, big bend.

Inhale, rise to standing single leg balance. Find that moment of pause. Take your bind. If you did so on the first side, big breath in. Long breath out, warrior three. Release the grip, hands to heart center. Flex the toes back, keep the chest tall. When you're ready, bend the knee, float it back to crescent warrior this time. So meet back where we started. Eagle wrapped the arms. Right arm goes underneath the left.

Keep wrapping. Think elbows in line with shoulders. A moment to breathe. And then gently arch back. Good. Find that intensity. Find that connection. Focus through the palms. Unwind. Bring the toes or palms back down to freeing the toes. Send your right leg. Chaturanga. A moment here. Recollect.

Training and awareness. We're always aware of how we're feeling. Left leg long. We keep going. Knee towards nose. Inhale up. Exhale. Step it through. Crescent warrior. Press through the palms. One breath. One movement. Exhale. Open it out. Warrior two. Big breath. Take up that space. Enjoy the fullness of breath. Let it feel freeing. Let it feel intense. Inhale. Rise. Back up.

Single leg balance. Squeeze the knee into the chest. Take that bind if you did so. Continue to follow what feels good. When you're ready, back to center. Release the bind. Warrior three. Send the hips back. Eyes point down. Woo. Always a tough one. I got it. We're moving and grooving together. Left foot forward. Crescent lunge out of your warrior three. Eagle wrap on the opposite side. Left arm underneath the right.

Send the elbows up. Breath to get settled. Get grounded. And then arch, gaze up towards the ceiling. Beautiful. Can we lunge deeper? Unwind the arms. Frame the foot. Step in back. Your

last chaturong. I'm excited. Are you? Take a breath. Take your knees. Take a child's pose. You deserve it. Walk your fingertips long. Rest your forehead.

Notice your heart beating, your life force, your energy, that inner fire that makes you you. Let that fill every cell of your being. Let yourself rest in that fullness, in that wonderful space. When we're ready, slowly walking the palms up. We're going to meet back in one last down dog.

Palms come forward. Tuck your toes under. Sweep your right leg long. We're going to take a half pigeon to close.

bring your right foot through square your shin off flex your toes keep your hips nice and square think left hip forward i love to take a block right here for my forehead so when i walk down i can rest my forehead on the edge of the block but obviously do what feels good for you and we'll spend like four or five breaths here let it be nice and easy i know pigeon can be extremely challenging so embrace that difficulty and send the breath to be your guide

Let it soften those sticky parts, the power of breathing, bringing power to your practice in the same way it does with the intensity that it does with these moments of deep stillness. One more big breath in and a long breath out. Very slowly when you're ready, start to walk the chest and the palms up, tuck the back toes under, sweep the legs back, give them a little walk out, a little wiggle. Nice.

Take the opposite side, left leg comes low. Bend the knee, square it off, half pigeon on the left. Flex the toes, bring the shin forward, send the right hip forward to match. And then when you're ready, walk the chest down. Rest on your block, on a blanket, fully down to our sleeping pigeon. Whatever feels best in your body, let yourself be the guide. Taking three more breaths, enjoy the stillness and the quiet.

Softening into these sticky places. Taking one more big breath in. And a long breath out. When you're ready, rising the chest up. This time you're going to sit onto your left hip. You can move your block out of the way. Swing the legs around. Good. Just shimmy out into the knees.

Actually going to close seated with a nice seated breath. So actually you can grab your block. I like to sit on my block. I think it's really helpful for my hips.

But if you like to sit on the ground, we're going to do a traditional just seated breath to close. So you can sit in a lotus if that's comfy for you. You can sit in whatever is comfy for you. Once you get there, I encourage you to just rest your palms on your thighs. Slowly lower your chin just ever so slightly. And then close the eye to seal today's practice. We'll breathe together, you and I as a community, in our nose and out our mouth.

Breathing in. Exhale out. Inhaling. And one more big inhale in. Exhale out. Can slowly bring the palms together at heart center. A moment of gratitude for yourself. Can lift the palms up to the third eye. Can flutter the eyes open. Thank you so much for sharing this practice with me. I hope you feel lovely. It was lovely to share it with you. Namaste.