



Video Transcript

Yoga To Find Calm During Chaos

Hi, I'm Ariana, and today we're going to practice in a little bit more of an intense style flow. I like to think about movement in a sense of when life feels a little crazy, a little chaotic, which it most certainly does a lot of the time, the one thing that we can come back to is our bodies.

Unfortunately, we can't just disconnect.

from the ears down, right? Like this thing, this space, this container is always with us. So when the outside world feels out of control, things don't quite feel like they're working out, or you just feel not in your body, use this flow, use this practice to come back into sensation. Find that balance, find that inner grounding so that you can feel like you're a little bit more present in your life. When chaos comes in,

come back to this this physical space and container yes don't worry i'll walk you through it so let's start we're gonna start in child's pose uh if you have props or anything that makes you feel more comfortable in your practice grab it uh i will have yoga blocks present i might not use them for my own personal preference but if you always need extra help with balance or assistance feel free to grab them you can just set them to the side perfect

So once you've gotten comfy, secured your hair, all of your goodies, have your toes kiss your knees wide and we'll meet in child's pose to begin. Walk your palms nice and long. Rest your forehead. Good. Take a moment to arrive. Notice your body breathing. Notice how you feel this morning, this afternoon, this evening, whenever you're stepping to your mat. This is what we call the discipline of arriving, of setting aside.

someone or something and letting yourself be still noticing what it feels like to breathe in your body right here right now and then give yourself further permission to be on your mat in this moment we'll take three deep breaths together in the nose exhale out the mouth good big inhale long exhale good with intention biggest fullest inhale and exhale beautiful

allowing the lips to be sealed the mouth to be shut start utilizing the breath from your nose on the inhale and out your nose on the exhale creating this oceanic sound this deep intensity this

warmth that grounds you finding that balance using the breath to anchor you as things feel difficult or frustrating or just quite unknown come back to this breath in the nose and out the nose

Let that be your guide. As we take one more big inhale. And on the exhale, we'll start to slowly roll up, keeping your palms where they are as we come into a nice spinal roll up. Rounding your spine on an inhale. Exhale. Let your hips fall. Give it a little wiggle. You can let your shoulders roll. Just let it be easy. Just trust your back. Inhale. As you rise up, exhale. Back to Child's Pose. I always like to wiggle and do what I need to get a little bit deeper. Inhale. Exhale, drop your hips. Nice. Nice big inhale. Exhale around the spine. Come back to child's pose. Last one big inhale roll. Keeping that nice stretch in the shoulder blades. Exhale, let the hips fall. Good. Find those places that feel tight and stuck. Just spend a little time there.

Beautiful. When you're ready, inhale, rise back up. Coming to our traditional table pose. So for this, shoulder blades, wrists, elbows, right over top of each other, knees in line with the hips. Inhale, push the floor away, arching knees up. Exhale, hollow. Nice. Feel that separation in the back and spine. Inhale, opening up. Exhale, hollowing out.

If it feels good to close your eyes to get a little bit deeper into the body, I encourage you to do what you need to. Inhale, open up. Exhale, push the floor away, rounding out. Good. Coming back to a neutral spine, feel the belly button cinch up. As we start to fire up our core, creating a little bit of that heat, a little bit of that own chaos, flex your right toes back, lift them off the mat. Reach your left fingertips long. Again, feel like we're cinching our waist up so you can support your low back and belly. Take an inhale. You can roll the back toes to point. Get long in both limbs. Big breath in. Exhale. Elbow and knee knee. A little spinal balancing. Firing up the core. Inhale. Lengthen. Exhale. Elbow and knee knee. It's okay if you teeter, totter. Trust me, I do too. Inhale. Lengthen.

Last one. Elbow and knee. Hollow in. Inhale. Lengthen long. Bend your back knee. Take a bind, finding the toes in the back of your foot. So hand comes to the toes. Press the toes actively into your palm. Lift the belly up. Lift the toes up. Eyes stay down. Try not to crank your neck up. Notice how that might hurt your spine a little. Try to keep your eyes down a nice soft gaze. Good.

Lower your back foot. Lower your left palm. Here we're going to open up to an assisted side plank. So my right foot's going to peel open. My left fingertips down. Reach your right fingertips up. Good. Feel this sideways cinching. So almost your rib to your hip get nice and tall. This is stage one. If you're like, girl, I'm feeling it. I'm feeling good. Take your back foot. Place it in front. And take a full side plank. Big breath in. Long breath out.

Good. Come back to center. Take a little second. Toes kiss. Knees wide. Child's pose. Full breath to reset. Inhale. Let's rise back up. Knee and table on the opposite side. So again, wrists over the shoulders. Left leg flexes back. Lift it off the mat. Right arm reaches long. Take a big inhale and roll the toes. Take up space. Exhale. Nice. Elbow and knee meet. Inhale. Find your focus.

Exhale, rounding in. One more inhale, nice and slow, nice and controlled. No need to rush.

Good. When we move slow, we can find that inner focus.

Bend your back knee. Reach your palm to find the toes. Press your toes into your palm. Lift up through the belly. Keep a nice, proud gaze. Are you breathing? Same. I need to remind myself.

Good. One more breath. Lower the palms back down. The left foot again rotates out. This is our half side plank. So you can take an assisted side plank. Right knee can stay down. Reach from fingertip to fingertip. Cinch up the waist. Good.

If you did so on the other side, step your right foot in front of your left. One big breath. You can look up to the ceiling, look up to your palm, get tall to the side body. Big breath in, long breath out. Come back to center, lower your knees. Take a little second, you can wiggle the hips, tap the toes out. Then take your Burst Down Dog. Pressing through all five fingers, making sure when you look forward that your elbow pits are flashing forward, almost like you're turning two jars with your front hands.

And then if it's your first down dog of the day, wiggle out. Give yourself a little moment. Come back to that breath in the nose, out the nose. We'll take one through our mouth, big inhale in through the nose. Long exhale out. Beautiful. One more big in. Long exhale out. Bending your knees, pressing up to your tippy toes, gaze forward at your palms. Walk or float your feet forward.

Have two fist width distance between the arches of your feet. That's your hip width distance. Grab at your elbows. Soften your head. Yes or no. Let it all go. Feel your cheeks fall. And take your dangling pose. Be able to nod the head. Yes or no. Let the shoulder blades just hang. It's okay. Nothing to hold on to here. Just let it feel free. Easy. Right? We're getting into our bodies. As we get into our bodies, notice how we can soften our mind.

Straightening the knees ever so slightly if you haven't yet. Get that nice long stretch from the backs, the legs up where they connect to the hip bones. Soften the palms down. Take a big inhale. Lengthen the chest. Halfway up. Roll the shoulder blades down and back. Exhale. Good. Let it go. Heel toe the feet all the way to the width of the mat. So your heels will be on the mat. Your toes will be off. Sink your hips down. Woo! We're getting right into it. Take a little yogi squat.

Press your elbows to your inner thighs or knees. Hands will come to heart center. She feels creaky. And if you do too, it's okay. We're not alone. Good. Take a little breath. Have a proud heart in chest. Big inhale breath in here. Exhale. Hands are going to come down. You're going to rotate your toes parallel for a second. Just wiggle your hips side to side. I love a little sweet relief. So give yourself that.

We're going to come back into it though. Rotate the toes back out. Sink the butt down. Press the palms. Press the palms together. Press the elbows into the thighs. Proud heart and chest. Big inhale in. Good. When you're ready, drive your heels. Rise to standing. Surprise. Heel to the feet. Back together underneath the hips. Find the top of your mat. Flash your palms out. A moment of calm. Good.

take an inhale reach up your fingertips looking overhead exhale prayer hands down inhale flat back gazing out exhale palms down you can walk or float your feet back top of our plank take a big breath in exhale lower all the way to your belly nice and slow good untuck the toes inhale baby cobra exhale lower down halfway

If you're feeling a little advanced, tuck your toes under, lift your belly, press your palms, top of your plank. Good. Meet me back and down dog. Reconnect your breath every moment. This is an opportunity to scan, to check in. Bend your knees, gaze forward. Let's move a little fast. Walk

our plutes to peak forward. Inhale, flat back, gazing out. Exhale, fold over. Inhale, roll through the spine, one vertebrae at a time. Reach the palms up overhead.

Big breath in. Exhale. Dive. Pull forward. Inhale. Flat back. Gazing out. Exhale. Ground the palms. Walk or float the feet back. This time take your full chaturanga. Lower halfway down. Squeeze the elbows in. Inhale. Up dog. That feels nice. Exhale. Down dog. Good. Take a big breath in. A long breath out. Bend the knees. Gaze forward towards the palms. Take it one more time. Walk or float the feet. Inhale. Flat back. Lengthen out.

Exhale, fold over. Inhale, roll through the spine, one vertebrae at a time. Big breath, get tall, press through your feet, ground in your body. Exhale, let it go. Inhale, flat back. Exhale, ground your palms, walk or float this time, bend the elbows nice and soft, chaturanga. Full breath.

When you're ready, take your right leg, long three-legged dog. You can bend your knee, open up your hips, let it feel good. Keep your hips nice and square when you're ready.

Point the toes and bring the right knee to the right elbow. On an exhale. Inhale, leg long. Exhale, opposite elbow. Feel that twist. Inhale, leg long. Exhale, bend the knee towards the nose. Step it through. Warrior two right away. On your warrior two, have your right heel draw a line to the arch of your left foot and feel your left toes just ever so slightly turning in. Ground through the palms. Good.

Gazing out over your front fingertips so you have a nice, wide, strong stance. Finding our breath here, it's our first one of the day. Inhale, straighten your legs. Look up. Exhale. Lunge a little deeper. Inhale, straighten your legs. Exhale, good. Feel your knee tracking over your ankle. One more. Inhale, straighten, get tall. Exhale. Beautiful. When you're ready, take your right hand up. Slide your left arm back, reverse warrior. You should feel this lovely big stretch on the right side of your body, reaching back, taking up space, lunging deeper. Inhale, rise back up. Give a little relief to that right leg. Triangle pose. If you have a block, you can always take your block and place it at whatever height is part of your practice. Again, give yourself assistance. It's not about struggling. It's about feeling good. Reach your fingertips long. Lengthen through your side body. And then tip over. You can either find your block or your hand on your shin. Most importantly, think a straight line from fingertip, shoulder, shoulder to palm. And then lastly, your gaze will float up to your top hand. Keep yourself two or three breaths to settle in. We want to land in a pose with the pose, have a reaction to our body and vice versa. Peel what it feels like to move. Exhale, gazing down. You're going to lunge your weight onto your right leg. You're going to find your half moon pose.

I'm going to use a block this first round. So you should have a block at a 45 degree angle. Shift all your weight onto your right leg. Have your right hand into the block. Reach your fingertips up. I'm in the jungle. And when you're ready, flex your back toes gaze towards your top arm. Beautiful. Maybe test your balance. Get a little crazy. Have a little fun. Looking down at your back toe.

Send your leg back. Warrior two. Good. A moment for a transition. Straight in your front leg. Straight leg reverse. Left hand to the left hip. Right arm reaches overhead. Big breath in. Long breath out. Inhale. Rise back up. Square your hips now to the front of the mat. Rotate your toes for pyramid pose. I like to imagine my legs are on train tracks. Send my hips back. Reach your fingertips forward. Soften your head. I love a little forward fold at the end. Give yourself a moment.

The longer you reach your fingertips, the more effective this is. What we don't want is your hips to open. You want your hips to be perfectly square, almost like two headlights are pointing directly down onto the mat. I know it'll be harder, but that's what we're here for, right? Give your body all the luxuriousness. Take another inhale in, exhale out. Good, soften a little where you're holding tension. Bend your front knee, bring your palms to frame your front foot. Step your left toes back. Sweep your right foot all the way to the ceiling. Three-legged dog. Take a moment here. When you're ready, bend your knee. You're going to flip your dog. Let your toes come all the way offside the mat. You can sink your hips down for a second to feel grounded. And then inhale. Reach all the way up. Get a big stretch in your belly, your heart. Looking at your back hand. Exhale. You can lower back down. Nice, easy transition. It feels a little wild at birth. Bring your toes to knee and down dog.

When you're ready, take your chaturanga. Shift forward. Exhale, lower. Inhale up. Exhale, down dog. Let's take our left side. Sweep your left leg long, three-legged dog. Bend your knee. You can wiggle it out if you need. Big inhale in. Exhale, left knee to left elbow. Good. Inhale up. Exhale, left knee to right elbow. Inhale up. Exhale, bend your knee towards your nose. Step it through. Warrior two on the opposite side.

Again, see the motion. Heel towards the inner arch of your right foot. Imagine I'm there pushing your palms down. Fight against me. Power, strength in a proud pose. Inhale, lengthen the legs. Exhale, high. Lunge back in. Inhale, lengthen. Exhale, lunge. Good. One more. Inhale, lengthen. Exhale, lunge and reverse warrior. Slide your back arm back. Left arm overhead. Relax your shoulder. Relax your pain. Bring it. Can you get a little deeper? Good. Inhale, rise up. Straighten your front leg. Grab your walk if you need it on the other side. Chime wall pose. Big reach. Reach, get tall, then tip over. Long line from fingertip to fingertip. Two or three breaths. Settle in. Feel what it feels like to be in your body in this moment. Nowhere else. Good. Exhale, bathing down. Half moon pose. Start to shift your weight into your left leg. You can use your block. Stack your hips. Stack your belly button. Stack your shoulders. Everything's stacked. Last thing to move are your fingertips. Good. It's almost like creating a capital letter T with your body. And then you have these two long, beautiful arms going from angle to angle to support you here. This one's hard. Trust me. If you're like a girl, I'm falling. Don't worry. If I didn't have this walk, I will do. Lunge your weight back into your warrior two. Straighten your front leg. Reverse straight leg. Push your hips forward. Raise your left arm back. Inhale. Rise back up. When you're ready, lunge your weight back down into your pyramid pose. So square your hips off. Reach your fingertips as far as you can. Let your head relax. Let your face relax. Let your eyes relax. Again, hips are square. Think hip bone and hip bone point directly down. Your toes are parallel. One more breath in. A long breath out. When you're ready, lunge back into your left leg. Step your right toes back. Reach your left leg. Three-legged dog. Take a big breath here. Bend your knees. Flip your dog. Let your toes come off your mat. Sink your hips down just to set up. Exhale, reach back. Big opener. Reach your fingertips. Take up space. Let it feel a little crazy because it is and it feels good. Exhale down. Fingertips behind the mat. Three-legged dog. Come back to down dog. Good. Take a second here. You can take a chaturanga if you need in your practice or just take a moment to breathe. Let your heels get heavy. Let's take that a bit faster. Ready? Right leg long. Three-legged dog. Inhales.

Exhale towards your elbow. Inhale, up. Exhale towards your opposite elbow. Inhale, up. Exhale, knee to nose. Stat the proof. Warrior two, deep lunge here. Inhale once, get tall. Exhale, lunge back in. Inhale once, get tall. Exhale, lunge back in. Reverse warrior. You're going to take your right hand overhead. Revisit this. Let it feel a little bit deeper.

Shake off what you were holding back. Inhale, rise up. Straighten your leg. Triangle pose. Tall in your body. Tip your chest. Go two breaths per movement. Exhale, moving on, bending your front leg. This time, try to do your half move without your walk if that's in your practice. Lightly touching the fingertips. Stacking the hips. Good. Opening up, letting your gaze go towards your top hand. One more breath.

Exhale, gazing down. Inhale, rising back up. Straighten your front leg. Straight reverse. Tip your hips. Reach your fingertips long. Inhale, rise. You can use your hands on your hips. Square off. Pyramid pose. Pull the right hip back. Left hip forward. Inhale long. Exhale, fold. Two breaths. Soften your face. Soften the tension in your body. Finding balance internally when there's an external world swirling of sensation.

Lunge your weight back into your leg. Toes come back. Right toes come to the sky.

Three-legged dog. Exhale. When you're ready, try a single-leg chaturanga. Keep the toes floating off the mat. Take your inhale up, dog. Good. Exhale, down dog. Always an opportunity to play. It's okay if you don't have it. Perfect. Take your left leg long. Exhale, left knee to left elbow. Inhale, lift it back up. Exhale, left knee to right elbow. Good. Inhale up.

Exhale, bend the knee, step it through, warrior two on the opposite side. Find your balance, find your grounding. Inhale, get tall. Exhale, lunge. Inhale, get tall. Exhale, lunge. When you're ready, reverse. Left arm goes back, reaching that right finger tip long, left finger tip long. Inhale, rise up, straighten your leg, triangle pose. Consistent breath, consistent movement. Two breaths.

Gazing down. Lunging your weight. Same thing on the opposite side. Find that angle. Using your fingertips.

Let your gaze float up, half moon pose. Energy through all of your limbs. Using your strong, able body, letting yourself breathe here. Gazing down, bending the knee, straight leg reverse.

Straighten your front leg, tip your hips. Good. Inhale, rise up, square the hips. Pull the leg, tip back the right hip, forward this time, pyramid pose. Let your eyes relax, let your head relax. We're almost done.

Starting to wind down. Lunging your right back into your left leg. Palms from the foot. Right toes down. Left toes up. Give yourself a breather here. Gazing forward. Take a single like Chaturanga if you did. Keep your legs loading up. Toes find the mat. Exhale down dog. You deserve it. Ready for a nice luxurious child's pose. Knees are wide. Toes kiss. You can adjust your hips and wiggle. Take a second here.

Feel that inner heat and opportunity to notice your mind. Where did it shift? Finding quiet. When you're ready, slowly inching the chest back up. Good. You can come to the right or left hips. Shaking the legs out long in front of you. Just let the knees squat. Fingertips point forward. Feet walk in. Good. Just wing your left side to side. Notice how the hips feel. Notice how the back feels. A lot of noticing.

Right? A lot of awareness. You can slowly scoot the butt forward, rolling down onto your back. First time on your back, I bet it feels nice. Give the knees a squeeze. Rock side to side. Hands

are going to find the edges of the feet. Grabbing pinky toe edge with the palms. Think knees come into armpits. Like a little happy baby. There's no way in happy baby you can feel sad. Like truly.

It just almost feels funny. You feel like a happy baby. And you can come and find me and quote me on that if you feel otherwise. When you're ready, you're going to shake the legs out. If you prefer to have the legs long into a corpse pose, please be my guest. Otherwise, I'm going to find a nice frog today. Feet are going to kiss. Knees are going to come wide. Place one hand on your heart, one hand on your belly. This is where we'll end our practice today.

When things feel chaotic, it's really important to give ourselves a moment where we can be our own guide. And finding our palms on our body is a great place to come back and remind yourself that it's okay. You got it. You can take care of yourself. These are the tools. We're holding this space together. Rest your eyes. Rest your body. The same way that we started our practice, we'll close it with three deep breaths here, breathing into your palms, filling up with what you need today. Big breath in.

Exhale out the mouth. Big breath in. And out. One more big inhale. Pause. And out. Give yourself a moment here. When you're ready, you need to let the palms fall. And shake the legs out. No need to get up. Thank you so much for sharing your practice with me. And as much time as you need. And I'll see you next time.