



Video Transcript

Yoga To Ground In The Earth

Hi, today's practice, we're going to focus on grounding, the word grounding, and not quite literally as stepping your toes outside in the grass, which I highly encourage you do because that is lovely, but really talking about how can we root and use the floor below us as we step into a couple more challenging balancing poses. I know as soon as you hear the word balancing, you're like, ah, but I promise we have to embrace some of these more difficult elements. and then use the floor and use what we have below us because then it'll get easier as we come again and again to this practice. I personally think balancing poses are a great place to reconnect to your practice because you start to see those benefits of showing up again, truly utilizing your practice. We practice because we want to come back and visit it again and again to notice how have we gotten more calm or more centered.

And when things feel a little difficult, and then some of these will feel a little bit easier. So let's find a place of grounding. Let's work together and have a little fun. We're going to fall a little bit today, and that is going to be great. All right. We're going to start in child's pose. You really don't need any props, but your body and an open mind. So have your knees wide, width of the mat, let your toes kiss, walk your palms long, and let's settle in here.

Good. Feel this nice long stretch of the arms. Close your eyes. Feel your belly fall. Take a moment to arrive. In an essence of itself, grounding is the practice of coming back to, returning to, mother earth, returning to ourselves, finding our center. With this intention in mind, fill up your belly. Take a big breath in and take a long breath out the mouth.

Let that release whatever is holding you back from your center. A big inhale in. And exhale out. Good. One more big breath in. Exhale. Let it go. Step into your body on your inhale. Roll up through the spine. Rise right away to our table pose. A lot of grounding and balancing means focusing on finding that internal structure, that center of our bodies. We fire up our core.

as first we start to move our spine inhale gazing up exhale push the floor away good inhale open gazing up exhale in the nose and out the nose feel the breath getting warm creating that

seat creating that connection last one exhale hollowing out good stretching into our toes top of the toes under sit the hips back

One of the most important things, and I'll talk to you because this might feel a little wild. One of the most important things when it comes to balance is stealing our feet and toes rooted into the ground. So feel this stretch from the big toe up to your heels. This is your power source. This is your connection to the earth. So give a moment to feel breath and energy through your feet by stretching them. And if it's been sandal season and you've been walking or just wearing terrible shoes, your feet are going to love you for this. Good. Let your palms rest.

Close your eyes. Just take one more breath. It might feel uncomfortable. You might be thinking, oh my God, I want to get out of this. And that's okay. We're here together. Breathe through it. Big inhale. Big exhale. Relax the shoulders. Relax the chest. You're all done. Tap the toes out. Good. That should feel really nice. Tuck them under. Rise up. Take your first down dog. Wiggle out your hips. Press through your palms. Find that grounding. Feel the connection of your metatarsals, your toes to the earth.

Your palms pressing through all five fingers. Good. Pressing the hips back. Feel the chest opening up. This is your connection starting here. Big inhale in. Long exhale out. Bend the knees. Press up to your tippy toes. Gaze forward towards your palms. Walk forward. Take an inhale. Flat back. Gazing out.

Exhale, dive. Fold forward. Relax your eyes, your chest. Feel that nice big stretch. It may be the first of the day, so take a second here. Just wiggle out into the knee. Good. One more. Inhale, flat back, gazing up. Exhale, let it go. Fold forward. Soften the head. Notice the backs of the legs warming up. Feel the weight more towards your toes, less towards your heels. One last one. Third, touch the charm. Inhale, flat back. Exhale, fold, release.

Bend your knees. Slowly cycle up. Head last to arrive. Good. This is your foundation. Right here, stacking. Feeling your heels and toes rooted firmly into the ground. Press through all five fingers and all five toes. Not your five fingers. Inhale, gaze up. Exhale, take a side bend to the right. You can lock your thumbs or breathe your fingertips with pointer fingers reaching out.

Notice how we're keeping our hips and shoulders square.

Good. Making the body feel a little off center so that we can again find our center here as we inhale, get strong and tall. Exhale, side bend to the leg. Inhale, rise back up. Exhale, take the hands behind the back. Take a bind, open your chest and shoulders. Bend the knees slightly, let the chest fall. You can wiggle them side to side. Slowly straighten the legs if that feels good and a part of your practice. Release your bind. Inhale, flat back, gazing up.

Exhale, step the feet back at the top of your plank and hold. This is where we start to activate your center. This is what roots you and grounds you and gives you strength as we balance. Big breath in. Exhale, pike the hips up, down dog. Press up to your tippy toes, rock forward. Come to your plank again, hold. Nose points down, rotate the elbow fits forward. Squeeze the low belly. We breathe here for five, for four, for three, for two.

I swear I'm not getting slower. For one, pipe the hips back up, down dog. Good. A moment of calm. Rock, back forward. A moment of heat. We hold here for ten. For nine, notice where your mind wanders when you hear me counting. For six. Showing up for yourself. For four. Three. For two. For one, pipe your hips down dog. Good job.

Bending your knees, wiggling out through your feet. That feels good when you're ready. Bend your knees, gaze forward. Walk or float your feet. We've been here before. Inhale, flat back, gazing out. Exhale, dive, fold forward. Inhale, roll through the spine. Rise to standing root through the feet. Fingertips long, side bend to the right. Inhale, rise up. Exhale, side bend to the left. Inhale, rise back up. Exhale, palms report center, fold forward. Inhale, flat back, gazing out. Exhale, round the palms. Walk or float the feet. Your first chaturanga, finding your plank. Nice, strong base. Exhale, halfway. Inhale, up dog. Exhale, down dog. If at any point you feel like you need to take an exhale out your mouth, go for it. Let it feel good, right? Take your right leg long, three-legged dog. Bend your knee. Give yourself a little wiggle. Square your hips. Straighten your leg. Bend your knee as you step through Warrior One. Rotate your back heel at a 45 degree angle. Keep knee in line with your ankle. Reach your fingertips up. Warrior One was always a challenging pose for me as I started my practice, but really taking this moment, what a great way to find grounding and balance. Both of your feet are connected to the mat. You really have this opportunity to feel this deep, powerful stance below you. Reach your fingertips up. Squeeze your low belly. Are you breathing?

Good. Hands come behind your back. Take that bind. Open your chest and heart up to the ceiling. Let it get a little challenging. Then take your right shoulder towards your right knee. Let your eyes gaze back towards your knee. Notice if it feels a little wobbly. That's okay. We're here to challenge each other. Here to show up. One more breath. Release the bind. Gaze forward. If you have blocks, you can scoot them away or use them. We're going to take a supported warrior three.

Square your hips. Flex your left toes down. I like to tent my fingertips just as sort of like a little anchor, a little extra base. Zip up your low belly. Imagine that I'm pulling a string from the crown of your head out your heel. Can you get longer? Good. Here's our challenge. Bend your bottom knee ever so slightly. Try not to touch your toes to the ground. Rise to standing. Hug your left knee into your chest. Good job. We arrived. This is step one.

Find a moment to squeeze the knee into the shoulder. Breathe here. If you're like, I am feeling it. I am ready to go for it. You can take your right hand towards the inner arch of your left foot. You can also take your left hand to the outer edge. This one's tough. If you're like, well, my knee feels like my back of my leg is tight. Just take it nice and slow. When you're ready, release your mind. Don't lower your foot.

Warrior three in its entirety. Hands to heart center. Send your left leg back, your head forward. Breathe here. Find focus. Ground yourself. Root through your right foot. Bend your knee. Step your leg back. Warrior two. I bet your right behind me cheek is like just loving me right now. Lunge into your front leg. Reach your right arm forward. Left arm back. Reverse warrior. Good. Inhale, rise back up. Rotate the palm. Step your feet back. Chaturanga.

Big breath in. Long breath out. We get right back into it. Left leg long, three-legged dog. Bend your left knee. Can wiggle your hips. Then square it off. Straighten your leg. Step it through. Warrior one. Rotate your back foot at that 45-degree angle. Square your hips off. We have bodies, right? They're just not ever going to be perfectly, perfectly square. So have a little compassion, forgiveness for yourself. Raise your fingertips long.

Squeeze through the low belly, the rib cage. Good. This is your moment to ground. Find your stillness here with your mind, with your body. Be right here. Good. Hands are going to come behind the back. Moving on, letting your heart flow up towards the ceiling. Keep that deep lunge. Let your left shoulder find your left knee. Let your eyes gaze back. You can close your eyes too. Go wild. Whatever feels good for you. Find this stretch, this...

Instability with stability. Release the bind. Reach the fingertips forward. Tent the fingertips supported warrior three. Same thing here. This capital letter T. The fingertips are just there as a little bit of extra base. Feel your breath and your focus. Slight bend into your left knee. Rise to standing without touching the toes down if you can. Hug the right knee into the chest. Good. Get tall.

Breathe here. Find that point of focus. Just one little point on your wall or in the distance. That's your center that grounds you to the earth. This is your root. This is your base. If you did so on the first side and you feel good on this side, take the left hand to the inner arch of the right foot. You can also hug with the opposite fingers. Trust me. It's hard. I know. It's okay. It's about showing up even when it feels hard. When you're ready, release.

Send the toes back, warrior three. Hands downward center. Try not to touch your toes down. I know. You got it. Squeeze a little belly. Big breath. Let it all go. Warrior two. Move on with transition. It's just like all things in life. Reverse warrior. The difficult moments pass. And then they cut back again. And then they pass. Embracing that. Inhale, rise up. Chaturanga. Step the toes back. Got it. Inhale, rise up.

Exhale, down dog. Let's take it a little faster this time. And you know, right leg long, three-legged dog. Exhale, step it through warrior one. Big breath in, arms overhead. Exhale, hands are going to come behind the little back. Take that bind, open the heart and chest. Exhale, fold over. Find your focus. I'll talk less so you can be in your body. Supported warrior freight. Elongate through the head.

Through the back leg, bend your knee, rise to standing, hugging the left knee into the chest. Sign your moment here. Take whatever you need. It could be opening the fingertips up, single leg down. Release the leg, whatever bind you took, warrior three. Stay rooted, grounded in your right foot. Let it all go, warrior two. Moving on, embrace the transition, reverse warrior. Inhale, rise, back up. Exhale, chaturanga. Good.

Connect to your breath. Be in your body. Left leg long. Bend your knee. Step it through warrior one. Reach the fingertips. Exhale moving on. Inhale up. Exhale down. Release the palms. Supported warrior three. Your breath is your guide. That is your anchor. That is what grounds you here in this moment. Use them together. Rise to standing. Hug your right knee. Loop into your chest.

Listen to yourself. Take what you mean. Take your bind. Take your knee into your chest. Whatever feels like it's a part of your practice today. Challenge yourself or just show up. Woo! Come back. When we fall, fire a place of center. Hands to heart center. Warrior three. Let it all go. Warrior two. Open out. Lunge deep. Reverse warrior three. Inhale. Try to run the rise back. Step the toes back.

Inhale up. Exhale down. Good. When we're ready, bend our knees, gaze forward. Walk or float our feet. Wiggle out through the head, the chest. Notice what feels different. Notice if the body is

further here, it's present. Inhale, flat back, gazing out. Exhale, let it go. Inhale, roll through the belly, rise to standing arms overhead. Exhale, dive forward. Inhale, flat back. Exhale, ground. Walk or float the feet, chaturanga. Inhale, up. Exhale, down. Listen for the changes. One more time. Right leg, long, three-legged dog. Step it through, warrior two this time to start. Ground through your nice, deep front leg. Around the palm. Take the right or upside to left or back reverse. Inhale, rise back up. Extended side angle. You can place your forearm to your thigh.

Or take your palm all the way down, pressing your inner thigh into your tricep. Reach the fingertips long. Good. Beautiful. One big breath. Long line from your left fingertips down through your side body. Gazing down, you can sweep your left arm back, half moon pose. Use a block if you need. Or reach the palms on a little angle. This is balance. This is your moment to test and try something new. Even keep the eyes down for this version.

We're going to take what some call a sugar cane or a bind in our happy moon pose. Your left hand is going to find your toes and you're going to open up pressing your hip forward. Open up the body. Feel this stretch in the front of the left hip. For my advanced yogis or folks who just feel like I'm going to go for it today, we're going to come into king dancer. What this means is we're going to square our hips off. We're going to bend our knee, rise to standing.

Our hand is going to come to the inside of the arch of our foot. Reach your right fingertips along. Take a breath here. Press your toes into your palm to start. From there, reach your toes high, high, high until you can. Then you can start to tip your chest forward. Find a moment of breath, a moment of balance. Step your feet together. Shake it out. Open your palms. Inhale, rise up. We reset. Exhale, dive. Pull forward. Beautiful job. Whatever you did.

Inhale, rise up. You showed up for yourself. Step your toes back. Chaturanga. Inhale up. Exhale down. Right away, left leg goes long. Three-legged dog. Bend your knees. Step it through. Warrior two. Rotate the palms. Nice wide stance. Take up space. Reverse warrior. Inhale, rising up. Extended side angle. Take the same modification that you took on the first side. So if it was forearm to...

the top of your quad or inner thigh and tricep connection. Reach your fingertips long. Feel this nice big squeeze, this side body. Opening your heart, peeling your chest open. Don't collapse down. Open up. A moment of balance and breath, yazing down. Reach your left fingertips on an angle out. We take our Half Moon Pose. Once you feel rooted, grounded in your left foot, take that bind. Right fingertips and right toes.

You can keep your gaze down just for a moment of clarity. Climbing in your breath. Y'all, this is hard. I know it. I'm doing it with you, I promise. I'm equally feeling this. Bend your knee. Coming into king dance or read it on the first side, trying not to put the toes down. Rise to standing. Hugging your right hand to the inner arch, reach your left fingertips. Reset here. When you're ready, press your toes to the top of your right palm so that the toes go first.

Then the chest tips. Toes first, then chest. Find your point in focus. Breathe. One more breath. Let it go. Shake it out. Good. Open your palms. Receive what you need. Reach the palms up overhead. Big breath in. Exhale, dive, fold forward. Inhale, flat back, gazing out. Exhale, fold. Last chatter on the other of our practice. Lower the elbows. Inhale, up.

Exhale down. Take a moment to breathe here. Good. Lower your knees. Sweep your feet around. Come all the way down to a seat with the legs out straight. I promise. That's the end of

our crazy balance. And now just a little bit of some nice grooviness. We're just going to take a classic seated forward fold just to counteract all this arching and twisting. If you're like, girl, my hammies are stretched, you can take a block to level up and sort of advance this stretch. What you do is place the block in front of your feet. Use that to get nice and long in your low spine. And then pull down, letting the elbows fall parallel. Otherwise, you can just relax the toes, relax the body. Let yourself just hang here. We'll be here for about five breaths. Take what you need. Just rest. Still that intentional breath in the nose and out. When you're ready, one more big inhale. Exhale.

Let it go slowly rolling up. Bedding the knees, feeling that nice rooted through your tailbone. And we're going to sweep up surprise into boat pose. You're going to keep your shins parallel. You would have your hands behind your hamstrings. Feel this nice long, low belly, long spine. Press your chest out. Good. Find your balance on your tailbone. If you're feeling advanced, you can extend your legs out long. Extend your fingertips. Good. Breathe here for three.

Y'all, it's hard too. And one. Release. Reverse table. Fingertips point forward. Press through the heels. Lift the head up. Lift the chest up. This should feel so nice after that. You can rock a little. Good. When you're ready, lower back down to your table. Table your tailbone, which is technically a table. Sweep back up one more time. Get tall in the spine. Good. Flex or point the toes. Extend if you can for three. For two.

For one, bend your knees, fingertips forward, heels back, reverse table. Let it all go. Nice. Lower down. You can shake out the wrists, shake out the knees, scoot forward, lower all the way onto your back. When you're ready, give the knees a big squeeze into your chest. You earned it this moment to start to peel away all those layers and really let yourself rest.

As you rock side to side, you'll rock so much so that your knees will fall entirely to the left side. Open your palm.

palms to a T. Let your gaze fall to the right for a full spinal twist. Good. Nothing to force here. Just be two and three breaths. Bring yourself back to center. Give your knees a nice squeeze. And then fall to the opposite side, the right side. Open your palm. Look towards your left. Close your eyes. Still intentional and I'll die.

grounding ourselves in our center as we come back on our next inhale. Give the knees one more big squeeze. Then when you're ready, you can send the legs out long into your final resting pose or shavasana. Let the palms float up. Close the eyes. I'll keep track of time. You can just be right here. Let yourself rest. Starting to feel the body settle, rooting and grounding to the support of the earth below you.

Let your body be held. It's okay. When you feel heavy, stretch it deep in your breath. Big inhales and a little exhales out. Wiggling the toes. Rushing the pad of that thumb to each handbrake. When it feels good, reach the arms overhead. Take a nice big stretch. Walk the knees in. And fall to the right or left side into a fetal position. Taking a moment here just to rest.

This pose symbolizing new beginnings of letting our souls return here. Every day an opportunity to start again and again, returning back to our center. Finding our grounding and slowly rise up to any comfortable seat, however you want. You can close your eyes, bringing your palms to our center. I'd like to thank you for sharing your practice with me and 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.

