



Video Transcript

Grounding Yoga: Flowing Into Stillness

Hi, I'm Arianna, and today we're going to be doing a flow into stillness, a nice slow, groovy, easy flow. I personally think that this class is kind of what I call like a one-stop shop. If you're starting your day, if you're ending your day, if you're in the middle of your day, and it's just really been stressful, or you need a moment to really unwind and reconnect to yourself. This is the perfect practice for that. We're going to start with a little bit of grounding, seated on the mat, and then a majority of the class will be on the mat, on the ground. So if you're feeling extra snoozy or tired, then this is perfect for you. So if you don't have any props, totally fine. Grab a pillow, grab a rolled-up blanket. If you do have yoga blocks, I recommend grabbing your yoga blocks, and we're going to start seated on the ground on the mat. I personally like to sit on a block because I don't know about you, but my hips are just tight all the time, and I have a feeling some of you may feel that as well. So I'm going to sit on a block if you feel more comfortable sitting on the ground to start, totally fine by me. So take a second, get adjusted, grab your things, get comfy, adjust your clothes, hair, whatever you need to be fully focused in this moment. You're going to cross your legs however feels comfortable. I recommend palms come down on the thighs and the left to really feel connected to yourself. And then when you're ready, take a second to close your eyes. Acknowledge the silence in this. from the street of the city or the sound of cars passing by the home or your children playing in the background, that's okay. Give yourself the opportunity to be right here. To further allow ourselves to land inner body, letting go in this space on the mat. We'll take three deep breaths together in the nose and exhaling out the mouth.

Breathing in
and out.

Inhale
and exhale.

One more big inhale breath.

Pause at the top
and out.

Allow your breath to slowly come back to its natural pace. But this time starting to let the breath pass through the nose. Instead of exhaling out the mouth, we breathe in through the nose.

and that classic yogi breath out for the nose with
each round of breath let that shed a layer of distraction shed a layer of tension
in the nose
and out the nose,
in the nose,
and out the nose.

Think of this as low, soft, warm heat that we're developing in our body, allowing the body to relax so that the mind can relax as we move into our practice.

If at any moment an exhale out the mouth feels good and allows you to release a sticky point of tension,

I welcome you to do so. Take care of yourself.

one more big breath in the nose and this time out the mouth
gently flutter the eyes open it's time to begin we're going to start in a child's pose so you can move your props whatever you had out of the way or let your big toes kiss and let your knees be as wide as the mat. Send your hips back. Give them a wiggle if you need just to start your day or end your day. Walk your palms as far forward as you can, almost like you're pushing the floor away. Rest the crown of your head, your third eye.

Good. I always like a little wiggle to see and check in with my body.

And then when you're here, find a moment of stillness. Let yourself settle into this space and take those three deep breaths in the nose out the nose to feel every layer of tension melting to the mat,
softening your thighs, letting your belly just fall.

Notice if you can let go of tension in your face and your jaw.

Your breath is the guide, the thread that connects you to each movement.

Each point of tension or place in your body, the breath Weaves its way through.
Big breath in.

Long breath out. Slowly rolling up. Keeping your left hand forward,
we're going to thread the needle, taking our right palm. Slicing it underneath our left arm. You can rest your right cheek down and then either walk your left arm as long as you'd like or just let it fall at your side.

Again, this practice is meant to be simple. We don't force ourselves in yoga.

Let it be easy and natural. Go to where your body feels good.

I'm just taking a couple breaths here nice and easy in the nose and
and out,
relaxing the palm,
continuing to let the belly just fall.

One more good breath in,
easy breath

Bring in the right palm back to meet the left, this time reverse, take the left
arm, thread it underneath, rest onto your left cheek, balance out the body.

Same thing here, an opportunity to notice.

If one side feels better than the other or needs a little bit more attention,
always checking in with herself,
and then coming back to the breath,
Taking one more big inhale,
long exhale.

When we're ready, coming back to center, both palms can walk up. We're going to
take a heart opener if you want. You can have your elbows directly on the mat if
you don't have blocks, and you'll walk them far, far forward. Your thumbs will kiss,
your hands will take a prayer, and then your thumbs will find the knot the back of
your neck. This is sort of a nice to have. If you have blocks,
you're going to love this. You're going to walk your blocks up to their mid height.
You're going to rest your elbows on top of the blocks. Walk them to the middle or
far forward and then let your head fall through the space. Thumbs kiss the back of
your neck. Let your heart and forehead fall to the ground.

This should feel nice and juicy on your shoulders, especially if you've been sitting
all day.

Give those nice, easy, even breath through the nose and out the nose. Just letting
herself rest here.

One more big breath in, letting go with those extra bits of tension.

Exhale,

let the palms go. You can shift the blocks to the side. We're going to rise up to
the table. You're going to press through all five fingers onto the ground. I
personally like to tuck my toes at her sometimes if the arches of my feet are
feeling extra tight. Otherwise, start by pressing the bottoms of your feet. We come
into our cat cow. Press the floor away, send the elbow Pits forward big inhale open
the heart and chest exhale hollow out round for the spine look at your belly button
press your shoulder blades apart good inhale open arch and exhale
all around you can take the next two or three on your own time maybe you need to
pause somewhere maybe you need to roll through the spine or send your weight back
let it be for you again listening to your body so take those two or three with
the breath connected and then we'll meet back in table pose
and Once you finish, come back to table, keeping the spine neutral, good.
Let the big toes kiss, let the knees fall apart, and press back one more time in
Child's Puffs. Notice it might feel a little bit juicier or a little bit nicer.

You gave yourself permission to go a little deeper.

Rolling through Childs, we're going to roll.

belly facing spinal twist. It's truly one of my favorites. You're going to bend your left knee and you're going to bring your left hand in towards sort of like your chest as if you flick a strap on a broad, send your left leg back.

Good. And you can use this hand to really counterbalance. So if you want to push yourself a little more, let this be really free and easy. The farther the left toes go, the farther the stretch the closer the left toes go the less intense of the stretch so really use the counterbalance of the left hand and the left toes and you'll also feel a really nice stretch into your right chest in front of your right arm

two or three breaths to settle in

On the exhale, come back to center, good. You can bring your nose down, open your palms, give your hips a little wiggle. And then opposite, rest onto your left cheek. Bring your right palm in, bend your right knee. And then push off your right palm to send your right toes behind you for an opposite side spinal. A belly facing spinal shoulder opener.

Two to three breaths here.

An opportunity to notice if you're fighting a pose or where resistance may be coming up or maybe it just feels really good. Letting yourself enjoy that space, whatever it is.

Exhale, come back to center.

One more time, nice easy wiggle, side to side. Bringing the palms underneath you and you're going to walk up to a sphinx pose. So I almost like to think of like a number 11 right below me, elbows in line with your shoulders and then right away let your chin hang heavy it should feel kind of fun and funky on the upper back then we're going to trace a half moon or a u shape let your right let your chin go to your left shoulder and then exhale bring it back down and then your chin goes to your right shoulder just an easy way of letting tension go in the neck softening the back one more time

inhale and exhale to center one more inhale and

exhale to center give it a wiggle shimmy back down to your belly palms come underneath your chest tuck your toes under pass their table pose and take your first nice and juicy down dog when you look back at your down dog try to think of like a two -fist width between the arches of your feet. That's a nice hip width's distance. Press through all five fingers. Imagine that you're almost making two L's with your left and your right hand, so you're really pressing the weight into your thumb and point your finger. And then let it all go, wiggle it out, walk through. This might be your first one of the day, your second one of the day. Use this down dog for you.

When you're you find stillness.

Take a big inhale, press up to your tippy toes, lift your hips high, and then exhale. Imagine I have a string on your pelvis lifting you higher, higher, higher,

as you lower your heels. Low, slow, low.

One more, send your pelvis up to the sky. Hips are nice and high, big inhale.

Exhale,

Good. This time we'll do an exhale out the mouth. Big inhale, press to your tip-toe's big breath in.

Exhale out the mouth, let it go.

Good, we've arrived. Bend your knees, look forward at your hands, walk your feet gently up to meet your hands. Nothing feels better to me or solves anything more than a ragged elbows. Grab at your elbows. Take a soft bend in your knees. Let your head fall, shimmy, side to side whatever feels good. And just sway there.

Feel the tension. Every vertebrae just gets to drip down. The shoulders fall from the socket. The cheeks fall. The eyelids are soft. This should feel really good.

If If you need to, you can slightly straighten the legs if you want a little extra stretch. Making sure to keep your weight forward to your toes, the balls of your feet versus rocking back to your heel. Let the palms fall. Take a nice big inhale, lengthen your spine, fingertips of shins, get long.

Exhale,

out the mouth of it feels good. See, I do too. Let yourself go. Bend the knees.

Let the palms ground to the mat. You can step back to your plank if you want to take a vinyasa. You can. I'm going to push right back to Down Dog. Just to continue keeping the body in this nice, slow, thoughtful space. When you're ready, you'll take an inhale, send your right leg long. Bend your knee, open your hips.

You can kind of wiggle them out. I like to look under my right armpit to really twist Square the hips off, straight in the lay. Look forward at your palms and step it through into a low lunge. Lower the back knee, untuck the toes. If at any point, wherever you're practicing, if it hurts your knee, grab a little blanket or something, slide it underneath this kneecap. It's a hot tip. Then when you're ready, you're going to bring your palms to the inside of your right foot. You're going to take your right hand and you're going to find your inner thigh. So it's not your knee, your inner thigh. And you're going to press your foot away so you can see the bottom of your right foot, and then your gaze is going to look towards the left. This should feel like a massive opener to your hip, and if it doesn't, you're still doing it right. Don't worry. Just let all that juiciness of the day or the start of the day just fade away in this little stretch.

We hold a lot of emotional energy in our hips, so this can be a charged one, let me tell you. Take one big breath in,

and long breath out, come back to center. We're going to take dragonfly pose,

I know, that's a wild one. So if you want to start here, and this is what's part of your practice today, that is absolutely perfect. If you want to go down a little bit more, but not all the way to the mat, grab a block, a pillow, a blanket, whatever you have available, and lower your elbows down to that mid-range height to let your head fall get groovy. And if you're like, I am absolutely feeling in it to win it, even come to your lowest height, but know that whatever your body needs

today, please honor that and don't try to force yourself ever into something that doesn't feel good. We'll be here together, this super deep hip opener.

Make sure to use your breath as a guide, a friend to lead you into a place that might feel a little scary and deep.

We'll take two more here

one more big breath in

let go of those places that you were holding press your palms back up and then right away we're going to shift our weight back we're going to lengthen our right leg into a half split or yogi split. I always like to start with my foot extended.

It feels really nice at the top of your foot. But if you're like, absolutely, I want to flex that lay. I want to get a deep stretch. You're welcome to do so. So relax or flex the foot. Reach the fingertips long. I like to make almost like little tense with my fingertips. Lengthen the spine on an inhale and then exhale. Fold forward.

Personally, I think this whole series is also perfect if you're a big runner or a cyclist. We have the tightest hips, the tightest hamstrings, IT bands.

So he uses as also a great guide for recovery if you've been training or running.

So relax your head, relax your spine, take two more breaths in this space.

Tension in your jaw. I caught you. You might be holding it. Just relax. The muscles around the jaw, the muscles behind the eye.

Exhale, let it go. When you're ready, inhale, walk up. You'll lunge your weight back into your front leg, palms will sweep around. You can pass her table pose again if you want to take a proper vinyasa, you absolutely can. Otherwise, I'm going to pike back up to Down Dog and meet you here.

Walking out through the knees, find a moment of stillness, big breath in, long breath out. We take the left side, send the left leg long, three -legged dog, bend the knee, open up the hips, and then look under your left shoulder if that feels good. Good, square feet.

Press your leg away so that you see the bottom of your left foot. It's rare that your arm will fully lock out, so do not worry. Just feel that moment of pressure, that connection right here between the palm and the inner thigh. Look away so you create this openness from the neck to the shoulder blade. And it should feel like so juicy. Juicy,

I almost said juicy booty, but I did say that, so embrace that. It should be juicy in the whole booty area.

Give yourself two to three breaths right here.

Our hips are a tough one, at least for me. Take one more inhale.

On the exhale, square yourself back off. We come to drag and fly on the left side.

Again, those three variations, whatever variation you took on the first side, please take on the second side so either your palms are pressed to the ground you take your elbows to the block or you lower your elbows all the way down to the mat every choice that you make allow your head neck everything to fall let it really be a moment of yes there's a deep intensity but everywhere else you're allowing yourself

to embrace this softness the stillness.
Even though we're still in a pose, there's so much effort happening to let us be here. Our recovery is just as important as the effort that we put in.
So we treated justice seriously
two to three breaths here.
observing, noticing,
and then making a choice, where can I send the breath to go a little bit deeper?
Another big breath in,
and a long breath out.
We Spend a bit more time on each pose.
When you're ready, pressing up to your palms, nice and easy. And then straightening your left leg for our half split, you can square it to the center of the mat.
Again, same thing. If you left your foot elongated, that is great. Take that choice on this side. Or flex the toes back if you're looking for a real high hamstring stretch, I'm going to keep my toes elongated. Reach your fingertips as long as you can forward. Inhale, lengthen your spine, feel your low back, get flat, and then exhale, soften, and fold over.
Or half split.
Some of these poses,
although intense in the moment, create this level of softness of space for us to be more still,
a perfect practice of the ebbs and flows of life.
Moments of high intensity and then moments to be quiet.
So allow yourself to enjoy this space. If it feels difficult, that's okay. You're right here. We're in it together. If it feels good, that's okay. We're in it together. Take one more big breath in.
When you're ready, slowly lunging your weight back forward. Palms can frayen the foot, sweep the left leg around. Tuck the toes under. Take one more good down dog. Walk the feet out, get into the hips.
Good, a big breath in a long breath out
good we're going to take that flow one more time a little bit faster just holding one or two breaths reach your right leg long bend the knee slide it through to your low learn keep the left hand to the ground take the right hand to the inner thigh press the knee away. Big breath in.
Long breath out.
Notice how the second side feels just a little bit better. Maybe you can go a bit deeper, come back to center. Drag in fly pose, lower the elbows down. You can choose to make an alteration to what you did previously, or just let your elbows come all the way to the ground if you're ready to go super deep.
Big breath in.
Long breath out.
Press the palms up. Shift the hips back. Take your half split. Reach the toes, the fingertips. Inhale, get long. Exhale, soften.

Relax the eyes. Relax the jaw.

Inhale to lengthen. Exhale to move through. Palms, find the mat, sweep the right toes around, rise up to your down dog. If you've been taking Vinyasa, you can continue, but also begin to start to unwind our energy, left leg long, bend the knee, step it through low lunge. Lower the back knee, untuck the toes, right hand. Notice where the mind wanders off. That's okay.

Bring it back here.

Meet us in the mat, in your body.

Rising back up, taking your half splits and the hips back, keep the mason square.

Reach the fingertips long, long spine, exhale, fold over.

Two breaths, three breaths.

No breath.

One more big inhale. Exhale, shift the weight back. Sweep the knees around, tuck the toes under, rise up to Down Dog one last time.

feels.

Just let them flop. Not much effort needed here. Good. We're going to take a supported bridge to close. So we're going to lie all the way onto our backs. But before we do, before you lie down, grab either a rolled up yoga mat or yoga block. It can be truly whatever could be a pillow, a blanket. So we're going to have these right to our side readily available. Come all the way onto your back. one option depending on the height. I'm going to take a block just because I find that it's a little bit sturdier, but I always like to present options because everybody is different. So my block is going to be at this height. I'm going to lift my hips up. I'm going to slide the block and you want your tailbone to be like a little plug right to the center of the block. From there, you're going to walk your heels out. Ah, that's nice. And then if this feels good to really be in contact with your body, you can let your palms rest on your pelvic bones, or let it all hang out, girl. Let the palms fall at your sides, almost like a supported shavasana.

And we'll close our practice by just taking three to five breaths, quiet in this space together.

Use it as an opportunity to feel this openness,
a pose that allows you to receive support, love,
harboring out the time for yourself to be quiet.

Two more breaths.

And if it feels good to you and you want to stay here a bit longer, that's absolutely okay. If you're ready to come out of this pose, walk your feet in gently, lift your hips up, slide your prop to the side, and walk yourself out into Shavasana. I encourage you to close your practice here, taking as much time as you need.

Otherwise, thank you so much for practicing with me today. Namaste.

