



Video Transcript

Heart Awakening Yoga Flow

Hi, I'm Arianna, and this is going to be a version of our loving, kindness, compassion practice. In this flow, I really want us to focus on the intention of giving love and receiving love and being worthy of love during this entire series of movements. It is so often that we give, give, give to our loved ones, our friends, our children, our family. And very little do we think about giving to ourselves at the end of the day. So use this moment, this opportunity to not only carve out that slowness, that stillness, that space, but also take it as a time to think about those moments where you can give more love and receive more love to yourself. Awesome. With that said, we're going to start in child's pose for this practice. So grab whatever's comfy if you need. You're going to have your big toes kiss. Your knees nice and wide. Walk your palms long and we'll start here. If you have yoga blocks, grab them. Put them next to you. It's always nice to have props. If not, totally fine. You won't need to use a prop during this. All right. When you're ready, walk your palms long, rest your forehead, your nose, your third eye, and get settled in.

This moment of stillness, this moment of arriving. Think of this next part of your practice as a way

to find your stillness as you're resting, as you're breathing.

Notice what's coming up. What are you stirring in your body? Is there warmth in the chest or a distracted mind? Whatever that may be. Embrace that.

Let it be a part of our day, a part of our flow,

And start to connect to what it feels like to breathe in your body, your chest, your heart space, your lungs, filling up with air, big breath in.

And a long breath out your mouth, sigh it out.

Good, another big breath in.

A long breath, sigh it out.

Last one, that moment of giving love, big breath in, feel like you're filling up with every ounce of air, exhale. Release what's not serving you. Release what's holding you back.

When you're ready,

slowly rising the palms up to your tops, you're going to inch them over to the right corner of the mat, then let them fall, keep the forehead down, take a little side stretch in your child's pose. Sometimes I like to take my right hand and bind under my left wrist, so I can really feel that opening into the shoulder, the side body.

And just the practice of being here, of letting yourself arrive, is a moment of compassion of love to your body, to yourself. Take one more big breath in.

Exhale, let it go.

Coming back through center, walking the palms to the left side. Reach your right fingertips super long, rest to your forehead down. Then if you did so on the first side, you can take the left hand to the right wrist.

Nice and easy breath here.

Nothing to force or change or fix.

You just simply mean

release the bind, come through back on your next breath. Then we're going to roll up. You're going to find, if you have them, your yoga blocks. Again, like I said, it's not necessary to have props. It's just a helpful little thing to help you feel a little bit deeper or take a heart opener. So the elbows can either be directly on the mat or on your blocks, inch them forward, thumbs, kiss pongs to a career, and let the thumbs come to the knot or that little notch in the back of your neck, let your head fall through, really feel your heart sink here. This should be a nice deep heart opener for your chest relieving your upper back.

And I encourage you in each pose, where can you fight the resistance? So don't resist that feeling that allows you to go deep. How can we lean into it?

Big belly breathing, nose, in the nose, out the nose.

One more big breath in.

On the exhale release, you can move your props or slowly roll up and meet in a table pose. Make sure they're up out of the way. We're going to start with a little bit of spinal balancing and a little inner thigh rotation really helps open our chest and our heart space. So to start, staying in your table pose, you're going to send your right leg out to the side with your pinky toes and your big toe facing towards the front of the mat. Your left hand is going to press to the center of the ground. And then you're going to peel and shift your hips open. Peel your right fingertips to the sky. Feel this opening to the chest. The heart reach up tall. Inhale, breath. And then exhale, thread the needle through, dive through, looking at the opposite palm. Inhale, rise, gazing up.

And exhale,
threading through. You'll definitely feel this in your inner thighs, but take it as
an opportunity to also open your chest and heart, push the floor away, get taller
through your fingertip. Good, last one, exhale, threading through. When you're ready,
come back to the center of the mat, ground through your palms. You're going to
extend your right leg long, flex your toes down, reach your left fingertips for
spinal balancing. Think cinch up your low belly. Get longer, powder through your
toes, through your hands. Inhale, breath in. And then exhale, you'll point your toes,
hover, bring your elbow and knee to meet.
Inhale, length, and long. Exhale, elbow and knee to meet.
Add one more, Inhale, length and long. It's okay if you wobble a little. This is a
tough one. Exhale, hollow in.
Inhale, length, and keep the nose pointing down. We're going to take a bind, bend
your right knee. Swivel your left hand around, find the top of your foot. Press
your toes into your hand. Lift your toes to the sky. Press the floor away.
Big breath in.
Exhale out. When you're ready, release child's pose. Toes kiss,
knees, whine.
Give it a little wiggle. Let yourself just be here.
Connect with a breath. Connect with the body.
Inhale, roll, rising back up. We're going to take our spinal balancing this time.
Left foot comes forward. So left big toe, pinky toe facing the front of the mat.
Make sure that your right hand is right about to the center of the mat or your
chest. And that your foot is in line with your hip. Inhale, peel the left
fingertips up to the sky. Big reach. Exhale. Thread it through.
Feels nice to breathe through the nose or the mouth. Make that choice, yogi's
choice, to do what feels good for you. Inhale us. Exhale through.
And one more big inhale, reach open the chest of the heart.
Exhale, thread it through.
Come back, palms to center. Flex the left toes back. Reach the right fingertips
long. Feel that squeeze and lift in your belly button. That's what is your security,
your power here. Take an inhale, get longer, get stronger. Exhale,
hollow out, elbow and knee.
Inhale, lengthen. Exhale, hollow, elbow and knee, meet nice and slow. No need to
rush. Inhale, lengthen. Exhale, hollow out. Inhale,
length. Find a point of focus here, get grounded. Bend the back knee, bring the
palm around to find the toes. Press the toes actively into the hand. Lift the heart
up, open the chest, the front of the hip.
Are we breathing? Good. I always like to check. Exhale, release, child's pose one
more time. Toes kiss, knees wide.
Send the hips back. Let it feel nice and good.
Notice that third time to charm a little bit deeper, a little bit easier.
Rolling through the spine, tucking the toes under rise up, meeting down, dog. Start

to wiggle out the feet. Feel the stretch in the back of the knees, pressing through all five fingers, about a two -hip -width distance to the feet. So two fists between the feet would be about hip -wist distance. Bend the knees gaze forward at your palms walk or float your feet forward good take a little dangle here when you're ready inhale flat back gazing out lengthen the spine exhale fold forward inhale reverse swan dive reach the arms up lead with your heart exhale pass the hands through heart center readjust your feet fill them right below you're going to take an inhale reach the palms up exhale take the hands behind the back right away send the heart high to the sky open the chest slight bend in the knees let it spill forward take a little rest right there think chest to thighs nice when you're ready release the palms back down inhale flat back gazing out Exhale, walk the feet back to the top of your plank. Shift the weight forward, lower all the way slow to your belly. Good, untuck the toes. Inhale, baby cobra. Exhale, lower down. Tuck the toes under past our table or plank. Knee and down to look.

Good, take a big breath in.

And a long breath out.

We're ready to start our sequence, take our right leg, long, three -legged dog, bend our right knee, gaze forward towards the palms, step it through low lunge, untuck the back toes, reach the fingertips up, and in an effort to continue shining our heart forward, we're actually going to braid our hands and place them behind our head. I think about it like a little on sun tanning summer vacation, pressing my heart and chest forward. And as we do so, feel actively pushing into your right foot. So feel that activation. Send your heart up. Press your weight into your front leg. Really feel this nice stretch to the front of your hip. I even close my eyes. I imagine I'm on the beach.

Good, big breath in. Long breath out. Right away will rise up straight in your front leg here for a half split just for two breaths. can relax the toes or flex the toes whatever feels good for you walk the chest down nice long flat back feels good to take an inhale and an exhale to soften that long spine over the way when we're ready rocking our weight back forward so just that we lift our chest now pay close attention to this transition From here, we're going to take our left foot, our left knee, and we're going to turn it in. We're going to rotate our left hand back on a back angle to the back corner of the mat. We're going to shift our hips up, send our hips high to the sky, reach our right fingertips long. This is a huge chest opener, heart opener. A couple big, deep breaths to feel this open, nice space.

When you're ready, We're going to sink back down to your butt. Cross through and then meet and down dogs.

Good. Take a second, let yourself wiggle out. I know it's a funky transition. Take your left leg up. We start the other side. Bend your knee. Look forward. Step it through low lunge. Untuck the toes. Again, making sure our knee is tracking over our ankle. The ear tips sweep up just to feel a moment of grounding of balance.

Hands behind the head, it's time to lounge and the sun. Press through that front foot, open your heart and chest, pull your elbows back and make sure that we're not squeezing them in. Pull them back, open up, feel nice and proud.

Good. Release, open the arms up, lengthen the front leg, flex or point your toes.

Fold over a nice long spine, inch the fingertips long. If you flexed your foot on the previous side, do it on this side as well. Good, two breaths here, nice and intentional.

Beautiful. That same kind of funky transition. Reach the chest up, rise up.

Take your right shin. You're going to rotate it in sink down to your right hip reach your right arm back push your hips up and back reach your left fingertips long find this big open belly heart chest ah let yourself soak in this feeling all of this nice love and tenderness feeling nice and open to receive one more big breath exhale sit back onto your right hip cross through your legs bump through meet and table And back the down dog.

Good. Take a big inhale, press up to your tippy toes.

Exhale, out the mouth, slowly lower the heels, nice. Take one more this time.

Big inhale, lift up your tibitos. Gaze at your palms, bend your knees. Exhale, jump forward. Inhale, take a flat back, gazing out long fine.

Exhale, full, let it go. Inhale, swan dive. Rise up nice and tall.

Exhale, pass the hands to heart center. Close your eyes for a second. This is our moment to reconnect back to our intention.

Notice where the mind has wandered off or started to judge or fixate. That's okay.

We're human. Come back to this space. come back to this connection, giving love to yourself, you are worthy of it. Release the palms, inhale, rise them up.

Exhale, dive then behind your back. Take that bind to open your heart, receive what you need. Exhale, bend your knees fold forward.

Inhale, breath in. Exhale to release. Inhale, halfway up. Exhale,

brown the walker float to the top with your plank. Take your chaturanga, your full chaturanga, really your only one of the practice today. Exhale, back down to down dog. I lied, there might be two more, but that doesn't matter. Take your right leg long. We continue our flow or sequence one more time, bend your knees, step it through. Take your low lunge a little bit faster, braid your hands behind your head. Exhale, Open your heart, feel this space. Inhale in, exhale straighten your front leg, flex your toes, long spine over half split.

When you're ready, rise up slightly, rotate the shin in, left shin parallel. Reach the left arm back on an angle, push the floorway through the left shin, the left arm, take that nice big open stretch.

When you're ready, cross through, pass in neat into table pose and take our down dog.

Nice breath to resettle.

When you're ready, left leg long, bend the knee, step it through low lunas on the left side. From here, sweep the fingertips up behind the head on top of the toes, press through the front leg, gaze up or close the eyes. Enjoy this nice open

stretch.

Exhale, straighten the leg, flex or point of toes. Reach a long spine over your toes, over your leg. Soften your forehead, your eyes, your jaw.

Just like that, we continue to move on, reach of fingertips up. Rotate your shin, right shin in. Sit your butt Back, right hand back, press through. Reach your left arm long. Open up your belly, your heart.

Big breath.

When you're ready, sit back, cross through. Meet in your table pose, come back to your down dog.

Bend the knees, gaze forward towards the hands. Walk or float the feet forward. Take a big inhale And then exhale.

Inhale, swan dive up. Exhale, hands through heart center.

Inhale, we reach the palms, ground, the feet. Rise, up tall. Exhale, dive, fold forward.

Inhale, flat back. Exhale, take your plank, walk or float the feet back, chaturanda.

Inhale, up, dog. Good, exhale, down, dog. When you're ready, send your right leg long, three -leg -a -daugh. Bend your knee, step it through, take your warrior two. Rise tall, ground through your feet. This is your first one of the day. Feel this part space. Feel this power right here. Reach your right fingertips forward to your extended side angle. So you want to connect your tricep with your inner thigh or place your palm at the ground. From here, you're going to reach your left arm on an angle. So the angle traces from your left fingertips all the way out through the side body. And then most importantly, peel your chest open. Feel your heart gazing towards the ceiling.

Exhale, gaze down at the palm in the foot. Inhale, press, rise up, straighten your leg. Make sure you feel ground like we're tearing them out apart. There's this energy between our legs. We'll reach our right fingertips as far forward till we can't. Triangle pose. You can have a bind at your shin or float your hand to your shin. Gaze up towards your top hand. Think fingertip to fingertip.

And last area, are you sensing a theme? Our chest and her heart stays nice and open peeling it to the sky. Gaze down at the palm and the foot. Rise up, keeping the leg straight. Left hand to the left hip. Push the hips forward. Reverse straight leg.

Beautiful. Inhale, rise up. Exhale, palms come down to frame the right toes.

Step it back, Chaturanga.

Inhale up. Good, exhale down. Big breath in, and a long breath out.

Nice, ready for side two, left leg long. Bend the knee, step it through, Warrior 2.

Remember that left heel traces a line to the arch of the right foot, however grounding in your stand. Good, feel this moment of energy from fingertip to fingertip for our extended side angle next. Connect the tricep to the inner thigh, or bring the palms down to the ground, reach the right fingertip long, and here's your angle,

from your right pointer finger all the way out through your right foot, and then peel your heart and chest open. Feel that rotation in the spine.

Are we breathing?

I know it's hard. You're doing amazing. Take a big breath in. in. Exhale, gaze down. Inhale, rise up. Straighten your front leg for our triangle pose. Get long through the side body. Tip over, over, over till we can't. Find your bind to your shin or the back of your palm to your shin, fingertip to fingertip.

A moment of self-love, let yourself breathe, feel all the juiciness in this pose.

Exhale, gazing down. Inhale, rise up straight leg, reverse. Take your right hand to your right hip, slide your left arm back. Beautiful.

Inhale, rise up. Exhale, windmill the arms down. I promise this is your last Taranga. Shift your hips slightly forward, exhale lower halfway. inhale up dog good exhale down dog when you're ready lower your knees to the mat let your toes kiss come back to child's pose walk your palms long let your heart rest beautiful acknowledge all of this amazing work that you've done here all of this greatness that you've put on the mat for yourself.

Breathe in that goodness.

When you're ready,

slowly rolling up. Coming all the way on to your belly, you can weakly your knees back.

Shift your hips slightly side to side.

Nice. We're going to take our bow pose, the ultimate heart opener. If bow is not in your practice today, you can just simply let yourself rest and recover with your palms up and rest on tear cheek. That is a gorgeous option. I mean, this pose just looks as lovely as it feels, right but if you want to take bow today you're gonna shimmy your chest straight have your nose facing down you're gonna bend both knees and heels to your butt you're gonna sweep your left hand around and your right hand around to find the pinky toe edge of your feet take a big inhale and an exhale press the toes into the hands lift your chest up just like it is looks like a bow and feels pretty wild.

Can you breathe here? Try not to rock back and forth. I know it's hard.

Nose pointing just out and down. Take one more big breath and squeeze your knees in parallel. Exhale, meet our friends, resting on our left cheek with our palms facing up.

Nice, Wiggle the hips side to side.

Give the back a little love.

One more time we meet in bow pose. Bring the nose back to center. Bend the knees, the heels towards the butt. Sweep the hands around. So grab the pinky toe edge.

Take a big breath in.

A long breath out. Press up. Good. We want to think, don't let yourself just completely spread out. You want to try to squeeze your knees together. And then we don't want to crank our neck back. Think about a nice long spine. Breathe to where it feels good. Take one more breath. Open up the heart. Exhale. Back to my favorite

both. Breasting on your cheek. Let your palms face up.
Wiggle the hips, side to side. You deserve it. Feels good,
huh? When you're ready, see if the palms, how you're going to meet me back to
seated. So we're going to come to seated to close our practice the little loving
kindness meditation. For those that haven't done that, so pumped for you. Really
excited we get to do it together. Grab a block to sit on or just sit comfy in a
chair, on the mat, whatever you really want. Lie down. The choice is yours, but I'm
going to choose to sit for this one. So you can sit in any criss -cross position
that feels good for you. And then you'll take your palms down on your knees,
adjust what you need. If you want a little blanket, that feels nice. I'm a blanket.
Get cozy. In a moment of self -love, you want to swallow yourself up, right?
And once you've arrived to your comfy spot,
close your eyes.
This is your shift into stillness.
And stillness is a beautiful lens into observing ourselves, our inner dialogue,
our thoughts,
and sensations.
And as you land here, notice the shift in your body, all of that effort that you
just gave.
And you gave that to yourself
As the mind shifts its awareness from gratitude and love, it shifts to that
sensation of breath,
grounding ourselves in the feeling of the inhale and
the feeling of the exhale.
And this time it can just be naturally in and out of the mouth,
in and out of the nose, whatever feels good for you.
We simply notice the rise and
the fall.
And we close our practice,
placing one hand over our heart.
And in the tradition of a loving kindness meditation, we have four affirmations that
we offer ourselves.
May I be happy.
May I be healthy.
May I be safe?
And may I live with ease.
Allow yourself to sit in that space for a moment.
When you're ready, you can let the palms fall.
Slowly flutter the eyes open,
bringing your hands to heart center. I'd like to thank you so much for sharing this
space with me and allowing me to share my practice and knowledge with you. Namaste.

