



Video Transcript

Yoga For Inner Peace & Balance

Hi everyone, I'm Amanda and I'm going to be leading you through a grounded and balancing pose class today. This is a great opportunity to feel really rooted before we take flight. So we're going to go ahead and get started at the top of our mat. Come all the way to the top here and then go ahead and take a little bit of space between your feet like you would if you were just standing, waiting in line at the bank, waiting for a friend to arrive.

standing on the train or just enjoying the view of the ocean out in front of you rooting down through your feet so you can always take a little moment to find your roots draw in to the present moment this is an amazing practice on and off the mat so get grounded through your feet i like to lift and spread my toes a few times just energizing through the bottom fascia of the foot. It helps to draw everything up through the legs. Feel free to also start to bring some attention and strength to your legs. They are part of your root system. Close your eyes for a moment. We're going to go through a little sensational feeling experience to help you tune in. So finding the breath, inhale.

a long slow exhale and you might start to notice just a natural swaying of your body it's totally normal just allow that to happen and just notice if you favor one side more than the other if you do come to one side what's happening on that opposite side and then see if you can find a little bit of steadiness right up through the spine and what might feel like

Drawing the crown of the head or the nose back over the spine a millimeter or two. Go ahead and do that. Drawing the hara, the belly in for a little bit of support. It might steady the spine.

And then take your awareness back down to your feet. And we're going to intentionally shift our weight forward so that you're shifting your weight and almost leaning into the wind, keeping the heels grounded. Just notice what's happening in the upper.

parts of the body how it's a countering of energy and weight shift and and how you're compensating to not fall over and then come back through your center even your center starts to feel a little bit different and then start to shift your weight back not so that you actually have to

take a step back but so that you feel that the front of the body is really waking up you might feel those quadriceps engage might feel your core have to engage

And then just the weight shifting through the heels, you might feel those glutes. So different parts of the body really waking up here and then coming back to the center and then leaning over to one side, placing more emphasis on one leg, like a whole pillar on that side of your body rooting down and then shifting over to the other side, noticing any differences as you shift from side to side and then coming back to the middle.

So after going through all of that, this is where we really start to sense that this is our center. This is like this column. We're tapping into that column, the central column, the shishunadi, the spine, the nervous system in the body. And we're really aligning ourselves up. That's our access. We're lining ourselves up to that. Jelly, open your eyes when you're ready and just allow for the outer environment to come in and adjust to that.

We're going to keep our feet nice and grounded through here and incorporating breath. Inhale, take the arms up overhead. Start to root down through the ball of the foot so that the heels lift up. If you fall down onto those heels, that's okay. Just really reach through the fingers. Think of your inner ankles hugging towards your midline and lifting up through your spine, lowering the heels, lowering the arms. So inhale, we lift.

Rise by rooting down through that ball of the foot, lifting those heels. Exhale, we lower. Three more. Inhale, root to rise. Lift the spine. Exhale, lower. Rooting through heels. Two more. Inhale, lift. Rise. Play with it. Wobbles are good. Lower through the heels. Lower through the arms. One more. Inhale, root to rise. Really feel the strength and yet the softness, the whimsy.

Up through those arms. Lower the heels. Bring the hands over heart. And then fold forward. Uttanasana. Forward fold. Bring your hands down. Release the neck. Release the back and the spine. Rooting through your feet. And just playing and trusting that you're not going to fall over here. Leaning forward. Leaning back again. Almost like we did standing. But a little closer. A little more.

Observation of the feet here, noticing how the feet respond to the upper body. Bend one knee and then the other, opening up to the legs, the knees, the ankles, the hips. Bend one knee and then the other. And then coming back through center. Bend the knees to soften and roll the spine up, taking your time. Keep your gaze open for this as you come to standing with the head coming up last and soften the shoulders and arms by your side.

Bring your feet a little bit closer together if that's available to you. Traditionally, we bring the feet and toes a little closer together with space between the heels. And remember that cue that I gave you. Think of those heels drawing towards that center, lifting up to your midline and connecting to your spine. So even if your heels are, you know, a little bit further apart, you still want to think of that. So we're going to go into chair. Bend the knees.

reach the hips back and then reach the arms up, wake up that spine, lift through the arms. I like to think like I'm holding onto the ceiling as I drop my hips back. So you can get really nice and deep here. Hands over heart, pressing the palms right and left side, finding that balance between the right and left side and then lifting the heels again. So think of those inner ankles, magnetize towards each other, lift the heels, lift the heels, lift the heels, keep the hips low, low. Low. Stay here for three. You've got this. If you drop the heels, it's okay. Come back for two. Press the palms together. Find that balance between right and left sides. And one. Amazing job.

Root down through the heels. Interlace the hands behind you as you dive and allow for your upper body to drop forward. Half lift. Inhale. And then exhale. Let's walk it back. Go through a vinyasa here just to get some movement happening.

High push-up plank. Inhale. Exhale. Lower the knees. Keeping the toes tucked so you can open up the bottoms of the feet. Chest and chin looking forward. Push through onto the pelvis. The hands are giving you support. Shoulders on the back. Elbows close. Lift through the heart. And then soften down. Let's go ahead and tuck those toes. Push up onto the knees. Downward facing dog. Really, really, really nice here.

Rooting through your feet, take two more deep breaths. Inhale through the nose. Ujjayi breath. Ocean sounding breath. So it's not a big constriction to create that sound. You're drawing the breath in through the nose, behind the sinuses and gently at the top of the throat so that you can breathe fluidly. We never hold our breath as we're practicing our asana practice. On your next inhale, take your time to walk to the top of your mat.

I love this little journey that we take to get to the top of the mat. Feeling your feet, the stickiness, the sound of the mat.

Half lift. Inhale. And then exhale. Folding forward. Coming all the way up to standing. Reaching up overhead. Rooting down. Lengthen the tail. Engage the leg. And then bring the hands over your heart. So we're going into tree pose. Rakshasana. Getting grounded and balanced right away. So we're going to root down through that left foot. Draw that right knee up. You can go through this step by step. So draw the knee towards your strong standing leg.

have lots of sensation through the bottom of the foot here left hand to the hip and you're going to take your right hand for the ankle if you're bringing the knee above or sorry the foot above the knee turn the sole of the foot towards that inner thigh toes turn down and the knee up to the side if you're going below the knee go for it a little bit lower or maybe even those toes down there a little kickstand just to help with balance

find a variation or an expression that works for you here where you can find the balance right and left side the balance of ease and effort in your practice this does take a lot of effort a lot of concentration but then the beauty is when we can settle into that just like an old ancient wise tree deep in the forest really rooted it's got some stories that it could probably tell and yet there's a lot of softness and whimsy

up through the foliage there feel free to express that reach the arms up overhead reaching the arms out to the side any expression that you like bring the hands back through center and then reaching that right foot down to meet the left let's go ahead and get ready for the other side root down through that right foot you're going to bring the left knee up give it a nice hug really deepen in the hips to get that knee up there it will help you keep it up there

If you're going to go above the knee with that left foot, you reach for the ankle and turn the knee out as you start to bring the sole of the foot. I like to think that I'm bringing the sole of the foot for the inner seam of my pant leg so that the toes and heel are along that inner seam. Think of the tailbone lengthening, strong standing leg. Bring the hands into Anjali Mudra, that right and left sides coming together to find that center and that balance.

As you root down, you can start to reach those arms up, reaching high. Good. And then any variation, you can stay right here. Circle the arms out to the side. Circling down, bringing those hands back at heart center. Really nice job. Go ahead and take both feet down. Going through

our first full flow, we're going to inhale, reach the arms up. And exhale, fold all the way down. Good.

And if you're a jumper into Chaturanga, you can go ahead and do that. Otherwise, walk, step, jump, slowly lowering down, upward facing dog. Inhale and take it into downward facing dog. Exhale. So we're going to go through one of my favorite ways just to get it all in. It's referred to as a mandala vinyasa flow. So just do the best to follow along.

Listen to my cues as best as you can. Follow your breath, which is your own personal cue. And just have fun. So we're going to inhale by taking the left leg up into the sky. Reaching that left leg up. Sometimes I like to switch it up and start with the other leg so that we can find balance in our body. And with our brain, left leg high. Exhale. Step that left foot forward. Get nice and deep right here.

sinking right into that hip. We're going to plant the back heel, heel down. You should have a little bit of distance, the front foot a little bit closer to the thumb and the back foot a little bit wider. So you can go into Virabhadrasana one. So you're going to sink into the front knee. We're taking a little bit more time to get into these poses on the first part of the mandala because we flow through it on the other side. So warrior one, sink nice and deep, draw the navel in. It's almost like a tree pose if you think about it. You still need to root through that back heel.

Nice and deep. A little bit of a hip opener. Reach those arms up. Inhale. Warrior tube. Exhale. So you're going to open up to the right side of your mat, gazing through the fingertips. Sink nice and deep. Breathe. Inhale. Settle a little lower on that exhale. So stay committed to that front leg. You're going to reach down that back leg. Reverse your warrior. Inhale here. Open up to that side body. Stay on the exhale.

Come back through center and then side angle that left hand goes to the inside of the left foot. The right arm goes up. So this is a variation. If you want to go into the full expression, you can take that right arm nice and long right there. So these are standing poses, yet we still have a little more groundedness here. So really get grounded through these standing poses. So go the upper hand down, free them in the front foot, pivot, and then shorten the back foot.

So we're in this pyramid pose. Again, not on a tight rope, more like on railroad tracks. Inhale, lengthen, and then exhale, pull. Really, really, really nice. So you want to strengthen that front leg and allow your upper body to drape over the front. You can have any variation you like with your arms, hands forward or back. A little bit of balance required when you're reaching back like this.

Half lift in your pyramid and you're going to pivot to your right to face the long edge of the mat. Inhale. And then exhale. Hinge deeply at the hips. Really lead with your heart. Strong legs. Trust your balance here so the heels stay rooted. As you allow for your upper body to lean forward, you're going to feel more weight in your toes, but keep those heels there. Your counter to this is your legs have to be strong. So really lift through those quads. And then walk your hands back. Fingers turn forward.

It's more about the spine stretching, not about your legs separating. So you might be able to get that crown of the head towards that mat. Someday we're lengthening the spine. Try and decompress the spine. So therefore, you need to try and keep those legs not super, super wide. Inhale, half lift. And we're going to keep turning towards our right. So go ahead and pivot to face

the back edge of your mat and then deepen into that lunge. So now we're going through the same poses, but facing the back.

Warrior one, you're gonna plant that back slope, bending deeply into the right knee. Inhale, Virabhadrasana one. So it's a little bit of a different perspective. I love changing it up, shaking it up a little bit, challenging ourselves in different and new ways, facing through the chest and the hips, reaching the arms up, warrior one.

Warrior two, we're going to open to the left. So your left hand reaches back. Your right arm is still reaching over the right knee. Sink a little bit deeper. Really, really nice. Someday you're going to get the knee over the heel. Thigh really, really working, lifting through your center. Reach down your back leg. Reverse your warrior, looking to the high hand. Stay committed to that front leg. So when we reach back, we really have to depend on what our feet are telling us. Come through center.

into side ankle prasva khanasana. So the hand comes to the inside in this variation today. Then nice and deep. If you want to go into the full expression of the upper arm, reaching that left arm, palm turns down, gaze to the fingertips. So where you're looking has a big part of where your body is going to eventually go. So you go the upper hand down, framing your right foot, pivot on the back foot, shorten your stance, your pyramid pose here. Half lift, inhale, unfold, forward, exhale.

Good. Find any variation in your arms that you would like to feel.

If you're able to practice today, the fingers can go forward. You can also grab block, reaching down through those arms into the blocks, or walking your hands back. Strengthen the legs, root down through your feet, and just allow yourself to open up here. Half lift, hands underneath you, and we're stepping the back foot to the front. So we're going to step our left foot to the right. Half lift, exhale fold. Now we're going to go right.

into the other side of this. So you're going to take your right foot back. We're creating a big around the world type of pattern on our mat. Warrior one, the right heel drops down. Lifting the arms up a little bit deeper here now so you can really go into it. Root through the heel, bend to the knee, looking up. Inhale here. Exhale warrior two, left fingertips forward. Adjust your stance, sink nice and deep here.

Really, really, really nice. Find that breath. Challenge yourself. Beautiful. Reach down the back leg. Looking high. So again, when we look up, we have to depend on what the lower half and what our feet are telling us. There's a lot of wisdom in our feet, so just let yourself sort of sink down into that. Cub through center and side angle. Your hand goes on the inside, right? So there's a connection between the back of the arm and the knee. Hug the two together.

Think of the tailbone along towards the back. The back leg is really important here. And then full expression of the upper arm, reaching alongside the cheek, the nose, the jaw, and gazing towards those fingers. Let the upper hand come down and pivot and shorten your stance here for your triangle, or sorry, your pyramid pose. So create this base, inhale, lengthen, exhale, fold. Good. Walking the hands back, maybe a little bit deeper here. Super strong leg. Rooting through your feet, grounding down. On your inhale, lift up, and we're going to keep turning to the right. So pivot on your feet, turning to the other side of the long edge of your mat. Half lift. Maybe you want to try a different variation with your arms. I personally love being able to wrap my fingers around my waist or behind my back, hinging at the hips.

Remember, it's not about how wide the feet go. You want to work the inner thighs, root down through the heels. Weight shifts forward without those heels coming up, and then allow your head to go close to the mat, even if it doesn't touch. Use your abdominals. You want to use your abdominals to try and get there. Let the head be heavy, gazing really towards your nose. That's the dristi here, so that you keep that awareness going inward. And one more breath here. Inhale, half lift. Reach the hands to the floor. Keep pivoting on your feet so you're turning towards now the original short edge of the mat, facing forward. Warrior one, last time. Drop the back heel, bend into the front knee. Virabhadrasana one, super deep, nice and open. Inhale here, lengthen through the tail. Keep the heart lifted, grounded through the feet. Let the heart soar. Warrior two. Adjust your feet, sink nice and low. Soft gaze. You're totally there. Just let yourself go there. And breathe. Inhale. Reverse your warrior. Reach down that back leg. Really let that upper body soar. Coming through center. Side angle. You know the drill now. So now that you know where you're going, you can really play with getting a little deeper. Good. Exploring different parts of yourself as you go through each variation here, each pose. So full expression of side angle, the upper arm is reaching. It should feel like it's connected to that back leg. Go ahead and pivot to face the front. Pivot on the back foot. Shorten your stance. Pyramid. Last one, I promise. Go ahead and square your hips. We're going to push into that front foot. Really feel grounded. Reach that back heel down and bow down. Really, really, really nice. Good job. Find your breath here. Reaching those hands a little bit deeper to help encourage the release of the upper body over your legs here. Inhale, half lift. And exhale, we step back. So go ahead and step back into your high plank. Inhale again, and exhale, move through your flow. Chaturanga Dandasana, looking forward, elbows close. Upward facing dog, inhale. Good, and then nodding the chin down, lifting the navel to the spine. And exhale. Beautiful job. So go ahead and just root down through those feet. Allow for your head to release. And breathe. Amazing job. We've got one last little flow to finish off our balancing practice here today. You're going to come to the top of your mat. Good. Half lift. Inhale. And exhale. Fold forward. Inhale. Come all the way up. And exhale, hands over your heart. So it's not quite a true balancing pose, but it takes a little bit of balance to be able to move in and out of this. So we're going to be flowing back from the front of our mat into high crescent. Inhale, reaching the arms up. Exhale, folding all the way down. Half lift, inhale. Go ahead and lift that right foot up. Bring the heel towards your glute. Find this standing position. Good. A little softness in the knee, but strength in the knee. Reach the leg back. It's like a modified warrior three. And then you know the foot is going back there, so you've got to really, really, really reach. Soft landing. There you go. High crescent lunge. Reach those arms up. Good. We're nice and open in our legs. So bring your hands over your heart. Reach and lean forward. Take those fingers to the floor. We're going into a standing split here. So use that back foot for a soft little push. Stepping into the front leg, lift the back leg. So this might be the version of your standing split. But if you want to play with this and go a little further, you're going to root down to that bottom, lift through the upper leg, walking the hands back a little bit deeper. Inhale, lengthen.

Exhale. Just think of this as a forward fold. Just really easy. If the upper foot comes down, so be it. Forward fold. Otherwise, you're folding forward. Release the neck. Walk the hands back. Lift that back leg a little higher. Fold, fold, fold. Last chance. Know where to go. Just chill right here. If you want to play with that balance, the left hand grabs onto the back of the left. Bring the chest and the shin.

and the leg really close together lift that back leg lift that back leg lift that back leg last chance you've got to bring the knee in place both feet down half lift fold deeply other side half lift up you're going to use your fingers for a little bit of balance root into the right foot and lift that left heel so we know where we're going just play with it take your time

You're going to lift that back foot. Start to reach the left leg back. Got to reach really far back there. Start to bend into the front knee. Slowly reach so you're in this high crescent lunge.

Inhale, reach the arms up. Settle on that exhale. Feel your feet. They're there for you. They're rooted. They're grounded. It's what allows you to take flight is when you feel super nice and rooted and grounded. Start to bring the hands over your heart. Lean forward over that front leg. You can take the fingers to the floor for a little added support.

Little soft propulsion to push yourself onto that front leg and lift the back really nice and hot.

This might be the expression of your standing split pose today. But breath by breath, we can go a little deeper. So inhale, get that lengthen. Exhale, fold. Just think of it as a forward fold. We need core to bring our chest and our leg close together. Inhale, lengthen. Exhale, fold. See if you can release through the neck. Inhale, lengthen. And exhale, fold, fold, fold, fold.

Maybe take that right hand to the back of the right leg. Draw yourself a little closer, a little closer, a little closer. Inhale, half lift. Bring the left knee and foot to meet the right. And drop yourselves down. Amazing job. Half lift here. We're going to go into garland pose. I like to scoot back on the mat a little bit. Turn the toes out. Heels pretty close together.

If you need to roll your mat up either side so that you have a little bit of lift, you can go for that. But it's a pretty soft, almost passive pose. You know, let your hips drop down. Allow for your knees to open and walk your hands out. So this is a great stretch for your calves. Let those heels drop. Bow your head down. And the reason why it's called Garland Pose is because traditionally we wrap our arms around like a garland.

And your forehead can come down. I like to just take my hands back there and drop my head. Allow for the spine to soften. You can even soften your gaze. Slow the breath down. Inhale. Exhale. Start to come out. Bring the hands around. Beautiful job. Let yourself come back with control. Take a seat. One last little funsy.

Pose here. We're going to go for Upabhistha Konasana. So balancing on our hips, you're going to take your peace sign fingers. So this is yogi's grip peace sign fingers. Grab the big toe. So the trick is, is that you get the webbing of the fingers down to the webbing of the toes. And your toes should be active. You're not just trying to pull your toe off. They should be active. So the more you push your big toe into your fingers, the more...

control you have. I really started my practice in hot sweaty rooms and we didn't have towels or anything like that that were available to us. So you really had to learn how to hold on to your toe without it slipping out. So step by step or rather foot by foot here you're going to find that balance over your sits bones as best as you can. Find your core. Root down through your hips. You're going to have to shift your weight back just ever so slightly.

You don't have to go into the full expression. So maybe you start to find your balance here. You can take one leg out. It's almost like a happy baby. So you're really holding on to the toe. The toe is pushing in the fingers and drawing the shoulder back and eventually extending that leg. Eventually the other leg, upavista konasana. I will tell you now that you can do this just by laying on your back with your legs up the wall. It's totally an option for you. But you can join us here whenever you're ready.

Pull the shoulders back. Lift the heart up. You did it. Amazing job. Breathe into this. Maybe a little smile. It always helps. And then bring the feet back towards your center. Inhale. Sit up nice and tall. Allow for the knees to open. Bring the heels close towards your pubic bone. Lifting through the heart. Grounding through your hips. And then allowing yourself to drop down. Good. Just slow the breath down, slow it down, slow it down. Inhale, stacking the spine, feeling grounded and rooted. And then preparing yourself for final relaxation. Bring your hips towards your heels. Help yourself to lower down. Just notice how the earth gives you so much support. And then allow for your body to completely release. You can extend your legs out.

So letting the back of the body help the front of the body. So we find this balance in so many aspects in yoga, in hatha yoga. So that's what hatha yoga means. Hatha yoga is the physical practice of yoga. But hatha is really the meaning of opposites, the male, the female, the sun, the moon, the masculine, the feminine.

you know, or the opposition. And through opposition, we really need opposite. We can't all be the same. So it's through the opposition that we find equanimity, balance, and harmony. So whatever might be feeling opposite or juxtaposed, just know that, you know, you can't have light without the darkness. And then it really creates balance in the overall aspects of your inner and outer reality. So close your eyes, drop into that, inhaling fully, fully, fully exhaling, finding the balance between the breath. Inhale and exhale, turning your awareness inward, letting the breath breathe on its own, allowing for your mind's attention just to drop into the beating of the heart, the slow rhythmic beating of the heart with us laying a little bit closer to the earth.

You might notice that the heart starts to slow down. Amazing job. Thank you so much for joining me. It's been an absolute pleasure. Take the time that you need to be able to feel grounded. And when you feel ready and balanced, you can ease your way into seated and into the rest of your day. Thank you for allowing me to guide you. Namaste.