



Video Transcript

Inner Power Vinyasa Yoga Flow

Hi, I'm Arianna, and today we're going to walk through a 60 -minute vinyasa flow together. I know vinyasa can sound a little daunting and scary to folks that love to do slow, restorative, yin classes, but I promise we'll have moments and opportunities at the end of this class to get quiet, to be still. But before we do, we want to build heat. We want to celebrate our inner power, our inner beauty, that light by getting fiery and strong in our bodies. To get started for today's practice, of course you don't need any props if you don't have them. You're always a okay with a mat or just an open space. But if you do have props, I'm going to encourage you to have two walks today. We will use them at some point. You can also just use them if it feels more supportive for you but again you don't really need them if you don't have them and with that let's get started have your mat nice and pulled out plenty of space we're going to come line on our backs to begin we're going to take a constructive rest to open our practice so rolling down constructive rest means our knees fall in walk or wiggle your feet all the way to the width of the mat And then I like to let my chest ball open. So take your left hand to your right wrist and let your arms spill overhead. Good. Get settled here. This should feel nice and open, comfy for the hips. Once you've gotten on your mat and in this pose, I encourage you to close your eyes. And we'll begin here by taking three breaths to settle. This is what I call the discipline of arriving. Big inhale, breath in, long exhale, breath out.

Inhale breath in,
exhale breath out.

One more big inhale breath in.

Long exhale out.

Bringing your breath back to its more natural rhythmic pace.

In the nose

and out the nose.

The breath of this practice that we cultivate and develop here is our Ujjayi breath,
our breath of fire of heat.

And we begin this practice by deepening, creating intensity with our breath in the
nose.

Deep exhale with the nose.

Use this as the anchor to bring your mind into your body into this moment.

Naturally, it will wander off and that's okay.

Big inhale, big exhale.

On this next breath, call to mind your intention for your practice today. Let it be
a single word, keeping it simple for your body in mind to focus.

Could be a sense of peace, a moment of grounded, to have patience or compassion
towards yourself.

Take a big inhale, fill up with that intention, that quality.

long exhale out the mouth this time release the palms let yourself begin drawing the
knees into your chest give them a nice big squeeze and you can massage the back
side to side just relax your shoulders and spine when you're ready i like to flex
and point my toes start to rock forward and back to i rock all the way up passing
they're seated and we're going to be table pose. Walk yourself back, feel nice and
shifted on your mat. Untuck your toes, press the bottoms of your feet into the mat
and then rotate your elbow pits forward. Imagine as if you're opening two mini jars
on your mat, have an L shape right below you, nose facing towards the mat.

Take your inhale, cat cow right away, gazing up, Looking up, big breath and arch.

Exhale, hollow the spine, round chin to chest. Give it a wiggle, be exploratory in
your body. Inhale, open an arch. Exhale, push the floor away.

Hollow out.

Taking three more, let yourself move where you need. Give yourself the space.

To spend a little more time in those places that feel a little clunky, a little
stuck. Tuck your toes under maybe and rotate the palms back, getting a stretch to
the forearms. As you inhale, continue to arch.

Sometimes I mouth free, sometimes I nose breathe, really letting yourself just embrace
what the body is asking you to do one more big breath press the chest forward
shoulders back exhale push the floor away around your spine feel it inhale come back
to neutral let your chest all the way through your tailbone be long we start with
some spinal balancing feel nice and rooted through your left hand reach your right
toes back perfectly in line with your hips reach your left fingertips now forward
pushing the floor away feel this light sensation lift in your belly inhale imagine

I'm there pulling your fingertips and toes farther apart and then exhale hollow belly and knee to meet inhale slow length and out exhale this nice slow control three two one hold in exhale out take a big inhale reset exhale in three two one inhale lengthen out you can stay here this feels good if this is a part of your practice otherwise bend your right knee back swim your left arm around find a bind of your toes to your hand press your toes to your palm lift your leg up and then zip your belly in your fine, nose gazing down. One more big breath here, open your heart and chest, open your hips. Good, exhale, break yourself down. Shake it out, take your first down dog. Tuck your toes under, walk your palms, wiggle your hips side to side. In our down dog, it's easy to feel like we're pressing the floor, taking a push up, I encourage you, rotate again, your elbow pins forward, send your nose back towards your knees or your ankles and petal out your feet. Give yourself this opportunity to rock through your ankles. Explore all the spaces and the movement in your body. When you're ready, find a moment of stillness.

Inhale, press to your chippy toes. Exhale, send your heels down and heavy. Good. Maybe this is your first version of the day. Let it feel luxurious. Come back down, take your table pose. Untuck your toes. If you need to, take a little moment, roll out for your wrist. I always like to be extra compassionate to myself. Come back to center. We start our spinal balancing on the opposite side. Send your left toes back. Send your right fingertips forward. Zip up your belly. Again, imagine pulling your toes in hand in opposite directions. Big Inhale, lengthen. Exhale, elbow in knee, meet in. Inhale, lengthen walk. Exhale, elbow and knee meet, ho and round in the spine, push the floor away. Inhale, lengthen, elbow and knee, good. Inhale, length and feel this power strength in your body. Stay here if this is a part of your practice today. If you'd like to keep moving forward, bend your back knee, your left knee. Right hand finds your toes. Press your toes actively into your hand. Again, lift your belly, push the floor, eyes gazing down at the mat. Big breath. Exhale, let it go.

Meet us back, down dog. Tuck your toes under. One more time, get playful. Wiggle out your hips and your knees start to feel that heat and that energy you're creating in your body a moment of stillness here reconnecting to that intention to that breath in the nose out the mouth bend your knees this time gaze forward at your palms slowly into your feet to your hands take a nice big bend in her knees grab at our elbows Take your rag doll pose. I always love the feeling of my belly, pressing to my thighs and chest. Let it be easy. A great opportunity to check the muscles and any tension in your jaw. Relax your cheeks, your eyes. Feel your shoulder blades heavy. Swat side to side, rock your head, yes or no. Good. When you feel ready, then let your palms fall, you can slowly start to wiggle, straightening the knees, keeping most of your weight towards your toes, less for your heels to open up this

back space of our legs. Imagine that under butt is living high to the sky. Inhale, we take a flat back. Fingertips can come to the mat or to our shins. Imagine that you're elongating the spine, pressing the shoulder blades down in back. Exhale, hold over, let it Bend in the knees, slowly roll up for the spine, vertebrae by more than right. Good, roll the shoulder blades down and back. Close your eyes, palms splash open. Nice.

From here in this nice standing proud pose, letting the palms open, this signifies that we're here to receive. Receive the compassion, the love, the energy, whatever it is that you want for yourself this morning, this evening, this afternoon.

Open the eyes when you're ready. Root through the feet. Take a big inhale, be easy up towards our fingertips. Exhale, take a side bend. Right hand's going to grab the left wrist, let the shoulder please roll down, squeeze the belly in, keep the hips nice and square, side bend to the right. From here, we really want to think about keeping our chest and our hips perfectly square to the front of our mat just so we can protect our body and get the most out of our stretch. Space between our bicep and ear, big inhale, rise up. Exhale, switch left hand to right wrist. Opposite side. Feel that nice openness in our obliques, our rib cage, rooted evenly through our feet. Inhale, press through the floor, rise up. Axel, take the hands behind the back. Take a nice big bind, pull the wrist down towards the ground, heart towards the sky. Bend your knees, exhale, hold over, get this nice opener.

I always love when I get a little crack, a snap crackle in my chest. It means the body's ready to open up. Big breath in.

Exhale, palms down, straighten the knees. Inhale, flat back, gazing out. Exhale, hold over. Bend the knees, root the palms. Step back to the top of our plank and hold. Again, see the flashy elbow puts forward, squeeze the butt, squeeze the low belly. Think nose flashing right over the hands. When you're ready, in the inhale, slightly shift the way forward to shoulder blades or the tops of your shoulders over your fingertips. Exhale slowly lower for three to your belly for two, all the way down for one. Untuck your toes, you can tap the feet keep the palms pressed elbows drive into the chest inhale baby cobra press the tops of the toes down exhale let it go down one more big inhale baby cobra

rising up exhale let it go tuck your toes under beneath you squeeze your little bellies if you're lifting your belly button off the mat press up in one piece plank at the top take your down dog good noticing that little fire that little heat we're creating i always love a nice wiggle and down dog i encourage you that feels good to do so bend your knees be repeat gazing forward walk your feet or float your feet to your hands take your inhale flat back length now exhale hold back over then your knees cycle up nice and easy one vertebrae at a time roll your shorter blades down and back meet and standing palms out inhale rise your fingertips up gazing forward exhale side bend to the right inhale press to your feet rise up exhale side bend to the left inhale press through your feet rise Raise standing.

Exhale, palms come behind the back. Take that bind again. Pull your wrist down, heart towards the sky. Exhale soften and the knees pull forward. This time you can

straighten the legs out, wiggled through the knees. Let the wrists fall. Bringing the palms all the way down to the mat. Release that bind. Inhale, flat back, gazing out. Exhale around the palms. You can walk or float your feet to the top of your plank. Stepping back, holding here, finding this moment of higher of intensity, inhale, lift. Shift your shoulders forward, exhale your first chaturanga, halfway lower, tuck through types of your toes. Open your chest, keep your hips high. Keep your head from sending your neck back. Try to think nose in line with chest. Press your hips up. Step your feet under. Good. And knee back in your down dog. Big exhale, run. Take another big inhale, let ourselves settle in for our third round of our sun's salutation, big inhale. Long exhale. Bend your knees, walk or fold our feet to our hands. Take our inhale, flat back, lengthen the spine, gazing out. Axial fold forward. Inhale, cycle through the spine, get tall. Rise and palms overhead, side bend One more time to the right. Inhale, rise up tall. Switch side of end to the left. Keeping that space between the biceps and the ears. Inhale, rise up. Exhale, hands come behind the low back. Take that bind, open your heart high to the sky. Exhale, bend the knees forward, pulled with your bind. Sometimes you can wiggle the shoulders if that feels good to get a little bit deeper this third time. straighten the knees release the bind inhale flat back gazing out exhale ground the palms bend the knees walk her flip the feet back shift our weight forward chatter on halfway down inhale up dog nice open wide heart exhale push the floor way down dog good big breath in the nose Long breath out the mouth. Good, taking one more big breath in. Rooted through the feet and hands, long breath out. When you're ready, you're gonna set your right leg high, three -legged dog. You can bend the knee, open the hips. Let yourself get playful here, straighten, flex and point through the toes. When you're ready, bring the knee in towards the nose, squeeze and go. Good, inhale, lengthen it nice and long. Exhale, bend the knee as if you're stepping through into your low lunge. Lower the back knee on top of the toes. Make sure you check where the distance is of your right knee over your right ankle. We always want to make sure that we have ourselves set up at a nice 90 degree angle. We never want to see our knee go over our toes just to protect the length of our knees. We're gonna need them a lot longer. Good, once we're here, Think about squeezing your pelvis that'll help elongate your hip flexor. Send your fingertips high to the sky for a low lunge. Panky fingers in. Thumb slightly flash out. This allows us to let the shoulder blades fall down. Take a big breath in. Close the rib cage. Hands to heart center. We take a low prayer twist. Take our left elbow to our right thigh. I'll be facing away from you press your right arm into your top hand good let your eyes gaze back this is stage one this is a perfect beautiful place to be if your body feels really happy here if you want to turn up the heat or the intensity you can tuck your back to us under lengthen your back leg lift your knee high send your heart even longer good are we

breathing Make sure we're taking a big breath in. And a long exhale out. One more breath. Exhale, gaze down at your foot. Release your hands to find the floor. Lower your back knee, untuck your toes. Now it's the time you can grab your blocks if you need for a half split. We're gonna extend our front leg long, let the toes extend. You can take your blocks at whatever height you need, no matter where you're at in your practice, that's perfectly okay. After you have your blocks, you're gonna extend them out of the extensions of your palm. Take an inhale length in your spine.

Exhale, fold over. The closer our belly button is to our thigh, I think nose to our knee. It allows us to have this nice, long stretch through our hamstring, the upper part of where our hips connect to our legs. You can remove the blocks if as you breathe here, you feel really supported and really good in this pose.

We're going to take three more breaths.

In the nose.

Now at the nose, this is where the heat starts to turn out. Those places that feel sticky, that feel tight, where we hold so much tension. How do we sit with our mind when we feel that intensity. Take one more breath, process through the discomfort.

Good, big inhale in.

Long exhale out, slowly lunge your weight. Remove your blocks to the side. From here, lunge back into the front leg. Tuck the toes under, adjust. Rise to a high lunge. Sweep the fingertips up, squeeze the hips under. Think pinky fingers in, thumbs out again. This is our Crescent Warrior or high lunge. From here, reach up in our tips forward. You're gonna eagle wrap your arms. On our eagle wrap, what we do is we take our right arm underneath our left, keep wrapping, till our thumbs are about third eye or our middle of our forehead. Lift the elbows ever so slightly, staying in our lunge with our eagle wrap arms. Good. Take a big inhale, stand the chest high, Exhale, a slight arch in the spine. Good, exhale, unwind the palm. Stack your back foot in for a pyramid pose. So the back foot comes at about a 45 degree angle so that the heel can be flat to the mat. In pyramid pose, again, I usually like to take blocks to give myself a little added layer of support to get settled. Very important here, if you have a long spine over this leg. extend the chest exhale good let it go I hope you're sensing a theme that there's gonna be a lot of handstring stretching in this first round and I promise we'll feel so much better after we've done it take a nice inhale breath in exhale good

notice this side notice where the mind wanders when it gets difficult sending the hips high, sending the spine long more big breath in. Exhale, bend the right knee, step to feet together, meet in a forward fold. You can shift your blocks to the side so you'll have them ready for the next round. Inhale, flat back.

Gaze and out, exhale,

hold over. Bend the knees, ground the palms, top of our plank, take your chaturanga every step. Halfway Now.

Inhale, upward facing dog. Exhale, downward facing dog. Good, regroup the palms, find that nice comfy place for the feet about a hip -wist distance for our down dog. Send the left leg long, three -legged dog. Bend the knee, open the hips up, rotate the spine, but feels good keep your chest and shoulders square. Flex and point the toes. Axel Knee towards nose.

Inhale, lift it back up. Exhale, knee towards nose. Step it through. Low lunge. Lower the back knee untuck the toes. Now same sort of scan like we took on the first side. Think knee over ankle. Sweat the fingertips up. This is our low crescent warrior. Rotate your pinky fingers and your thumb slightly out.

Let your shoulder blades fall. feel the sense of power that we're squeezing through our little belly here. When you're ready, hands will come to prayer twist for a little prayer twist. Right elbow towards the left eye. Get long in the spine, send the crown of the head and start here. My left hand is pressing into my right palm so I can get longer. Twist my heart open. Good. If you feel good and you did so on the first side, tuck your back toes under a long elongate let your eye gaze follow towards your back leg one big breath in good long breath out looking down at your foot release your palms to frame your toes untuck them straight in your front leg grabbing your box again for that added layer of support elongate your spine and belly over and then fold walking the fingertips long is essential because we want to keep training our falling to stretch us. Allow this mind to be long to have space between each vertebrae. Good, we'll spend about three to four breaths here. Just nice big inhale and long exhales through the nose.

If you feel good, you can test removing the blocks of your body is settled in deeper. Just keeping support for yourself. You know your body much better than I do. Make those decisions and own them. Big inhale in.

Long exhale, lounge.

One more breath.

Good, slowly lunge the weight back into your front leg on your next inhale, tuck the toes under, elongate the back leg, find this nice supportive stance. Sweep the fingertips up. High warrior, crescent warrior. Same thing, rotate pinkies and thumbs out. Good. Find this slight tuck of the pelvis to elongate our front leg. When we're ready, we take our eagle wrap now on the left side. So same thing as you stay in your lunge. Your eagle wrap on this side is going to take your left arm underneath your right. Find your palms touching. It's okay if they don't touch. you could even take the backs of your hands to meet. Good, and we're gonna send our elbow pits slightly up. So there's this 90 degree angle where our elbows meet. Think almost like your thumbs or to your third eye. Finding that nice proud lunge, if you've been there, you're some strong. Take an inhale, lift the chest up, and arch back on the exhale.

Good, inhale, unwind the arms, straight into our pyramid pose. Same thing, your blocks are here to support you. Otherwise, you can reach or tent your fingertips to add a little bit higher support. Now, super important to think that our hips aren't open like this. We want to square our hips, so they're both perfectly square down

to the mouth. A long -gate belly button to thigh, nose, tini.

Three long, luxurious breaths in the nose or out of the mouth, whatever feels good for you and your body in this moment.

Notice each breath allows us to settle a little bit deeper.

A little bit fuller. Keeping that heat and intensity when you're ready. Slowly lunge into your left leg and step your feet together at the top of your mat forward fold move your blocks to the side have them ready if you need them otherwise inhale flat that lengthen through your spine exhale fold all the way over inhale roll through the spine cycle all the way up shoulder blades roll down and back rise standing step your feet back if you need to adjust on your mat inhale get tall we start our flow one breathing movement Exhale side bend to the right. Nice, easy.

Inhale, rise up. Exhale, side bend to the left. You can adjust have your palm down your leg or take that same wrist bind that we took. Inhale, rise up. Palms come behind your low back. Take that fine. Let your wrist spill open. Big, deep chest. Exhale, fold over. Straighten your knees. This time, feel that Difference in your hamstrings, maybe a wiggle in your hips. Exhale, let the hands fall. Inhale, flat back, length, and out. Exhale, round your palms, step in your feet back. Good. Inhale, length, shift your shoulders forward. Exhale, Chinarmup. Inhale, nice, big up, dog. Exhale, down, dog. Get a little bit more playful.

Have some compassion. we move a little faster connecting with our body and our mind inhale right leg long exhale right knee towards nose inhale length exhale step it through low lunge over the back knee on top of the toes think knee and line with ankles sweep the fingertips up big breath exhale prayer twist left elbow towards right thumb press the floor away when you're ready, tuck the toes under, lengthen the spine, get long through the head all the way out of the back heel. Take up more space, big breath in, exhale, lower the palms out, lower the knee. This time I encourage you if you're really looking to turn up the volume. Untuck your back toes, but flex your front toes. Reach your fingertips long, half splitter. Big breath in. Long breath out.

I know I said one breath one movement, but I'll give you three breaths here just for extra credit. One more big breath. Exhale, lower your way back into your front leg, lunge into your front leg, tuck your back, goes under. Imagine that opposition. Take up space. Press through the palms. It's good. Eagle wrap your arms right side. Take right arm underneath the left. Think palm to palm. Lift your thumbs. Big inhale, breath. and up. Exhale, arch slightly back. Inhale, come back to center, unwind the palm, stack the left toes in at a 45 -degree angle pyramid pose. Again, we remember this tend to finger tops long spine. Good. Relax the head.

Big breath in. Our breath is what anchors us, grounds us, brings us into this place of always knowing our things. It's so important in our vinyasal flow. If you inhale, set your feet together to remain constant in that breath. Inhale. Exhale.

Inhale, rise, standing. Home feet overhead. Asheel pops in heart center this time.

Right away. Reset for the left side. Inhale up. Weight towards the toes. Exhale, fold over, ground the palms. Walker, float the feet back chatter on the lower down inhale up axle down tuck the toes under good meet and down down when you're ready big breath to reset exhale left side inhale left leg long bend the knee towards the nose good inhale lengthen it out exhale bend the knee step it through a little blanche. Lower the back knee, untuck the toes, sweep the fingertips up. Pinky fingers and thumb slightly out. Take a breath to get settled rooted in the feet. Exhale, right elbow to left thigh, pray your twist. Same thing, set yourself up with success here. Find this moment, then tuck your back toes under. Along with a leg. You can have your gaze down and your balance is feeling a little funky. Otherwise let your head float up and back towards the ceiling big breath in long breath out good gazing down palms first find the floor lower the back knee on top of the toes same thing if you flexed your foot on the first side you're gonna flex it on this side reach your fingertips long half split just for a few breaths to settle in notice that fire that intensity

Good.

Big inhale.

Long, exhale, one more. Everything keeps moving, always transitioning, not holding on to our high lunge next. Crescent Warrior. Same thing, reach our fingertips long, feel space in the body. Eagle wrap our arms to the left side this time. Left arm underneath right, keep wrapping, wrapping until our thumbs. Find our forehead or our third eye inhale along with the spine exhale open the chest inhale on rack step the right toes in 45 degree angle for our pyramid pose lengthen the spine give it a nice long stretch hold over think nose to me keep your hips nice and square breathe here good

Good, nice, easy, cleansing breath.

When you're ready, bend your left knees up your feet together at the top of the mat, you can give them a wiggle to reset, inhale, flat back, gazing out. Axel fold forward. Heal toe to the feet to the width of the mat. Let your toes slightly fall off, let your heels stay on, sink your butt and hips down for your yogi squat. Here we press our elbows into our inner thighs and knees, bring our palms to heart center. We'll only have a couple breaths here. I know this one's pretty intense, but I promise I'm here doing it with you. Have a nice crowd, high chest. If it ever feels like too much, you can always bring our fingertips down, take one more big breath in, let the flat sink. Sometimes it's about letting go of trying to control it and really letting your muscles relax. Take this next breath to embrace that big inhale. Exhale, fingertips now finally mat, straightening your legs, keep your feet nice and wide. Good. You're going to take your right hand to the outer edge of your left ankle, shift your weight towards the pinky toe edge of this leg, and then you're going to peel your left arm up and behind your low back for a little IT band stretch. All of my runners out there, I know you're really thanking me for this one. It's not my favorite eye, or don't worry. Even though we teach, we sometimes have poses we don't love, but we still embrace them. Look up towards the

sky, take a big breath in. Good, exhale, come back to center, shift your weight evenly amongst your feet. You can give them a wiggle. Take your left hand to your right ankle, shift your weight towards your pengee toe edge of the right side. Peel your fingertips up and slice them behind your lobeck, gazing up towards the ceiling. Good.

Inhale breath.

Exhale, breath.

Come back to center, start to heal to the feet underneath you. Just so you know your forward fold, the perfect width is to take two fists and place them between the arches of the feet. That's how you always know your right hip width's distance. It's okay sometimes we're too wide or too narrow, but always a great place to check. Take your inhale, flat back reset, gazing out. Exhale, hold forward. Inhale, bend the knees, cycle up to standing all the way. Good, adjust, let the shoulder glades roll down and back. Open your palms. We're halfway. Take a second here, you can bring your palms to heart center, close your eyes, feel your feet rooted.

Take a moment to step into this space again. If the mind wandered off, the sound of cars or children or whatever is around you, you can always come back to these four corners of this map to be here with yourself, to dedicate each movement to feeling more embodied, more grounded.

An offering of compassion. As we move through our second flow, open your eyes at your palms fall. Big breath in, gazing up with your fingertips. Exhale, dive for heart center, forward fold.

Inhale, flat back, gaze now. Exhale, ground your palms. How to run that nice and strong, you've been here before. Halfway down, inhale, up, down. Exhale, down. Take a second here, recheck in. that same hipless distance and pressing through our palms, elbow picks forward.

Big inhale breath in.

Nice. So we begin our second flow. Inhale, right leg long, three -legged job.

Exhale, bring your right knee towards your right tricep, squeeze and hold. Good,

inhale, lengthen it up. Exhale, right knee towards the left tricycle, twist and hold.

Good, One more time, inhale, three -legged dog. This time, imagine right knee comes to the tricep, except we step it through to fall in triangle. Adjust your right palm down, send your hips high, and imagine it like a wide stand side plank. We'll reach your left finger, hips up, look towards this guy. Good, big breath in, feel so strong, and your body push the floor away, exhale, gaze down at the mat, palms knee, send your leg high three -legged dog. Bend your knee, step it through.

We come right away into Warrior 2. Adjust your right toes forward, your left toes at 45 degree angle. Think, press into the pinky toe edge. Along get your fingers, look out over your front finger. Good, imagine this laser beam tracing from your front middle finger across your chest to your back hand. It's a nice long line. I always like to imagine that someone's pressing their palms into my arms trying to lift them up and I'm pressing them down. So although this pose is still, it's

incredibly active. Good. From here, we're going to find a little point right outside of our right toe, our pinky toe edge. We're going to shift the half moon pose. If you have a block, you can certainly use the block to open up. I like to keep the block at its middle height. Half moon, step our hips, chest, everything open. Think that you're creating a capital letter to your head at your heel flex and keep the hips next to the square trust me it's uh i even teeter tot around this one looking up at our top arm if you feel strong and rooted in your balance alone get your right side body good find a moment to settle there's always peace between each pose and the most important part is not just the pose with the transition from here gazing down send your right knee bent come back into your warrior too a moment to be still here take your right arm upside your left arm back reverse warrior deep lunge into your right leg gaze at your top arm no weight barely any weight in our back hand good big inhale big exhale inhale inhale rise up back to our or two, this time extended side angle. For my friends, we want to be a little bit more soft. You can place a block here towards your ankle. You can place your hand down to give yourself a little bit of extra support. Otherwise, you can take extended side angle with your forearm to your thigh. The goal is to have our bicep towards our ear, but I always like sometimes placing my hand towards the sky if my shoulders feel a little sticky. Or if you want to turn it up a notch. Slice your left hand behind your low back. Press your heart high for a half bind. Good. Find your place that you want to be in your body today. Embrace that for one more big breath in. One long breath out. Gazing down at the palm and the foot. Inhale, rise up. I bet your thigh is absolutely quivering like mine is straight in your front leg. We take a reverse triangle, our straight leg reverse. Take your left hand to your hip, push your right hip forward, reach your right arm back. Good, big yawn stretch. I love the way this one feels super open, big inhale, wide chest. Inhale, rise up. Good, from here, we're gonna take a reverse triangle. We're gonna take our left arm forward, to reach towards our right ankle. This walk will come in handy for this one. And you have to adjust your back foot. You can peel your right fingertips up. Imagine that your whole heart and chest opens towards the back wall. Good, big breath in. Feel this rotation. Take up as much space as you can in your body. Exhale, come back down, frame your front foot. Remove your block. Lunge into your leg. Step it back. China arm. That's our next blow. Inhale, upward facing dog. Axel, Downward facing dog. Take a second here, you can wiggle out into the hips, the feet again, always an opportunity to check it. Good. When you're ready, left leg comes long, three-legged dog. Exhale, left knee towards left, triceps, squeeze. Inhale, lengthen a backup. Exhale, with me towards right tricep squeeze. Good, inhale, length and repeat as if you're gonna pause here, but you step through, falling triangle, press your left hand to the center of the mat, lift your hips high, squeeze through your leg, look at your top arm. Big breath in, I know this one's hard, but you're so strong, a big inhale, exhale, frame the palms back down, sweep the left leg back high. Good, Step it through Warrior 2 on the left side.

Rotate your right foot 45 degree angle. I always think that you're tracing the line from your heel right towards the middle of the arch of your right foot. Ground the palms imagine and pressing them down. Nice and strong, knee over ankle. Good. Preparing for our half -moonous transition, shift our weight into our left leg. You can find your block or you can float your hand or find the ground. stack your hips stack your shoulders flexer your toes nice and parallel gaze towards the ceiling good find your breath find your focus it's okay to fall it's okay to quiver and shift we're humans we don't need to do anything perfectly we just need to be here now When you're ready, thinking about this nice easy transition, bend your knee, shift your weight back, Warrior 2. Take your right arm back, your left arm overhead, reverse warrior, barely any weight in this back arm, lunge deep, relax your shoulders, inhale. Exhale, rise up, finding your block, placing it towards the instep, the arch of your foot, left hand comes down, extended side angle. Again, your variations are to reach your bicep towards your ear, reach the fingertips long, reach your arm towards the sky, or slice your hand behind your low back, take this bind, finding the thigh, or just letting it hang towards the hip. And your eyes can pull up towards the ceiling. Imagine that your heart space is peeling up and open. Find this sense of rooting and grounding, a connection between the inner high in the tricep of your left leg and your left arm. One more big breath in. Long breath out. Gazing down. You can shift the block, inhale, rise up. Straighten your leg, that's sweet relief. Reach your right arm to your hip. Shift your left, hip forward. Straight leg, reverse. Gaze towards your palm. Open up your side body, big inhale. Get longer. Exhale, Rise up. Reverse triangle. That block again comes super handy. Place it towards the inside of the foot. From here, almost like I'm ringing a towel. Reach the spine long, right fingertips down to the mat. Peel your left fingertips up, revolve triangle. You may have to wiggle or shift into your toes and feet to get rooted. Good. Big breath in. A long breath out. Bend your knees, step your feet together, forward fold, meet at the top of the mat. Inhale, flat pack gazing out. Exhale, ground the palms, walking with the feet back. Chatter on back, halfway down. Inhale, open the heart and chest. Notice how the body feels, checking in. All this effort, all this dedication to you. Big inhale. Long exhale. Harnessing all this power, this energy, we start our flow a little bit faster, a little bit fuller with just slight changes. Listen closely, right leg long, three -legged dog. Exhale, right knee towards right elbow. Inhale, lengthen. Exhale towards opposite. Twist towards the tricep. Inhale, Exhale, exhale, twist an open fall and triangle, press the right arm, high, left arm to the ceiling, big breath in, get taller, take up space, exhale three -legged dog. When you're ready, step it through, Warrior 2. Rotate the back toes, lunge deep into the leg, fingertip to fingertip, nice tall and proud. Good. If you want,

you can try this round without any blocks half moon pose shift your weight at a 45 degree angle stack the hips peel the fingertips open eyes will gaze towards the ceiling for those that want to level up even though there are no levels and there are no rules to are going to practice you can take what we call sugar cane pose take the foot and palm into a bind open the hips up still gazing towards the ceiling.

Breathe here if you took this bind.

Good, find a moment of stillness amongst all of the effort. Exhale, release the bind, exhale, gazing down. Send your weight warrior too. Good. Reverse warrior, take your left arm down, right arm back. Big exhale.

Inhale, rise up extended side angle, this time with no block if you'd like. you still have the option to take forearm to thigh. Otherwise, I'd like to tent my finger tops down. Reach my left fingertips long, gazing at my palm, good.

Big inhale in. Extended side angle and inhale, exhale, gazing down, rising up straighten your leg, reverse triangle, left arm back, straighten, release the shoulders, big breath. Inhale, rise up. Lengthen your spine, left arm forward and down her vaulted triangle. Adjust the back foot so the heel stays down, peel the hips back so try to be them as square as possible. Look at your top arm, take up space. Big breath in. Long breath out, palms gazing down, lunge your weight back into your right leg. This time if you'd like, you can float your toes off the mat, exhale lowering down single leg, like chattel opening up. Inhale, opening up. Exhale down, dog. Big breath in and out.

Inhale through the nose, reset.

Exhale out the mouth.

Good, that feels nice. Take one more in the nose.

Exhale out.

When you're ready, left side, left leg comes long, three -legged dog. Bend the knee in towards the left tricep. Good, inhale, lengthen. Exhale, left knee towards right elbow. Inhale, lengthen. One more time just like that, except we step through ball triangle, shift our weight even over our left shoulder. One long line from home to wrists. Lift up high. Good, exhale, palms frame the mat. Come back up, always take some funny adjustment bend your knee step it through warrior two left side adjust your hips your toes make knee over ankle along your arms a place to settle good not settling for too long as we shift into our half moon pose at a 45 degree angle step hips shoulders feet peel the fingertips up good the last thing to follow is our eyes. If you took that bind on the first side, I encourage you to do so on the opposite side. Take toes in hands. Sugarpeak pose, open up the hips. A breath to settle in.

Our balance is always tested here. Take one more breath, gaze down at the toes. Release the bind. Send it back, warrior two.

Nice long lunge, reverse. Send your right leg back, your right arm back, your left arm overhead, relax the shoulders, inhale, rise up, extend inside angle. Same thing, reach the fingertips long, long, long towards the arch of the foot. Reach your right

arm bicep towards the ear and breathe. Now if you did so maybe on the first side, you took a full line. Do whatever you did on the first side, on the second side. I encourage you to keep the body even and imbalance.

Good.

Exhale, gazing down. Inhale, rise up. Straighten that leg always feels nice.

Right hand to hip. Left arm overhead, reverse straight leg. Good.

Inhale, rise up. Again, we twist elongate reverse triangle. Think long, proud chest. Right hand down left arm to the side peel the heart open big inhale in good long exhale out palm to frame the foot lunge your weight back in step our feet together here shimmie out in our knees inhale rise up high exhale fold inhale bend your knees last turn around the float your feet back shift your weight forward. Inhale up dog. Good exhale down dog.

Nice big breath in.

Long breath out. A moment to rest, recover a much deserved child's pose.

If you have water or a towel wherever you need, take a second to towel off to grab a sip of water. Once you're ready, you you can meet in child's pose. Big toes, kiss, knees to the width of the mat, walk the palms long, rest of the board.

Good, a moment here.

Imagine this as your ship.

And just like I have started mentioning in our practice once you're in your child's pose, stay in your child's close. This is our opportunity to get slower, to quiet down, to settle. So enjoy this space. You've worked so hard. You deserve a moment of sweet relief. Good, if you haven't. Take a moment, start to get back into your child's pose. Rest your forehead, raise your fingertips on.

We give a little love to our shoulders take your right arm you're going to thread it underneath your left armpit rest onto your right cheek take your left arm just let it be heavy good

take a few breaths here the more square our shoulders are to the map the more intense you'll feel this stretch into the front right shoulder

This is an opportunity to notice where the mind has wandered.

And we just acknowledge and recognize and we come back into sensation. Sensation in the body and the breath.

One more full breath breath in the nose, out the nose here.

When you're ready, take your right fingertips, slowly bring them back to meet the left. And then take your left arms right underneath the opposite your right armpit.

You can rest here onto your cheek.

Take this opportunity to just settle.

Notice the heat and maybe your heart is beating or receiving.

A reminder of life, of energy and life force that we've created an opportunity to celebrate your practice in this moment of quiet.

Take in one more big breath in.

Long breath out. Slowly bring the left palm back to meet the right. You can wiggle out into the hips. When you're ready, walk your palms and slowly lift your chest

up. We're gonna come to a seat. So you're gonna sit, I'm gonna face you, you're gonna just shimmy out into your knees, keep your legs facing long ways on your mat, but just for demonstration. You're gonna take your right foot to the corner of the mat. You're gonna bring your left inner, your left arch to your right inner thigh. Taking your chest, you're gonna twist it towards your right toes. Reach your left arm up, find the pinky toe edge of your right hand. So left arm to the pinky toe edge on your right foot. I got all my hands and feet reversed. I like to keep my right hand just heavy here. And then imagine that we're carving your little belly out. You should feel a really nice, open stretch into your low back, your low spine here.

Good.

Just let your nose and your belly hang. Let this be super simple, a transition to create more space. space.

Good, one more big breath in.

Long breath out. We'll release that bind, shaking out, rising up. And here, you'll just shimmy the knee side to side with fingertips point forward. Just windshield away. Let it be nice and easy. Good. We're going to take fire along pose. So we're going to step from this exact same position. We're just going to bring our left shin forward. Take our right heel to our left knee and step.

Think logs right on top of left. Now my hips are incredibly tight and I bet that yours might be more or just as tight. So once we get here it's okay if our knee doesn't touch our ankle. You want to feel this into your glutes. My number one asks is that you have a nice proud long spine. So find this step log to long, so shin to shin, inhale, lengthen your spine, and then exhale around your head fold forward. If you feel like you have any intensity behind your knees or your ankles, you can always take a blanket and slide it between your shins to create a little extra support. Otherwise, we'll be here for about five breaths.

So find a place that feels comfortable for you without forcing, without going too deep.

But let it be gentle.

Big breath in.

Long breath out.

A moment to get quiet with himself.

Each round of breath, an opportunity to let go, to surrender a little bit more.

Inhale,
exhaling.

The breath is your guide to releasing that tension, that tightness, that place where we try to resist.

Lean in for one more.

Good, exhale, let it go. Inhale, creep the spine back up. Slowly and cross the legs. It's always a little funky after that one. Wiggle out through the knee, it's good. And we create a sense of balance now. We take our left side. Left foot comes to the corner of the mat, right foot towards the inner thigh, lift the chest

along, inhale, reach the right arm high. Exhale, right hand to left toe. Let the palm just fall on the opposite arm and then roll the spine back. Let the chin hang heavy.

These poses are more about how they feel in our body. There's never a sense of how they should look that we've arrived to some place. It's always a practice. We call it our yoga practice because there's no end. It's always changing. We're always changing. Embrace the way you feel.

Big inhales and

Long exhale is up.

Enjoy sensation. Whether good or deemed bad, inhale, rise up. There's no such thing. Keep your right shin forward. Take our fire log pose. So now we stack our lunch foot over our right knee. Adjusting to our tailbone. Get nice high, tall spine. so bring the palms forward and fold over again five to six breaths here. A little bit more of intensity. As women, we hold a lot of emotional energy in our hips. So these poses can stir up or create a lot. It can feel really overwhelming. So giving ourselves a sense of compassion, this sense of peace, safety. These four corners of your mat are a safe space to be with yourself.

Good.

The way our mind embraces the discomfort here is the way we show up with discomfort in our lives.

Our yoga practice is a practice for how we show up in our lives, taking two more breaths here.

Soften your eyes, soften your jaws, soften your face.

Good, one more big breath in.

Exhale, let it go, slowly rise up. Uncross the feet, shake out the legs.

Ooh, shimmy in the Finger hips plunk forward. When you wipe the knees, side to side.

In our home stretch, you can walk the hips forward, hug behind the backs of the legs, roll down to your back. Give yourself a moment here. A nice big squeeze of the knees in.

Rock side to side this same way we started, you can flex and point the toes. As you rock, you're gonna let your knees fall to the left side into a spinal twist.

You can keep your left hand to your thigh, kill your right fingertips open, or let your left palm fall open and then fall your gaze towards your right fingertips.

Imagine your shoulder blades spilling towards the map.

And let this feel effortless.

No need to fight the pose. This is an opportunity to start to quiet, to surrender,

to just be

Taking one more big breath in.

Long breath up.

Inhale, coming back to the center, reset. Give your knees a little squeeze as you

pass through. Let them fall to the right side. Stacking your knees. Again, your right hand can remain on your thighs or left arm falls out or open your fingertips gazing towards your left palm. Let the eyes rest here if it feels good.

Think shoulders are spread heavy on the mat.

Just let yourself start to step into this place of rest.

No need to force our breath or create that Ujjai powerful, fiery breath.

Now we switch back to just our simple everyday rhythm,
following the breath in and following the breath out.

Taking one more big inhale, breath in.

Axi, come back to center. Give the knees a big squeeze,
rocking side to side. You have three or four breaths to do whatever it is that you need in your body before you come into your Shavasana. That could be taking a happy baby if you want, grabbing the edges of your pinky toes, rocking side to side, or even coming into a plow pose or a shoulder stand, sending the toes overhead, letting your palms support your little back, bending the knees towards your ears. Whatever feels good, creating space between your neck,
your chin and your chest. Whatever it is, it chose you could even take a frog pose, letting the bottoms of your feet kiss, your knees fall open. Make that decision of own it in your body and allow yourself to be there for just two breaths.

When you're ready, whether it be happy baby, or plow, or shoulder stand,
or supported bridge, whatever you chose.

Taking some time to slowly come back. Give your knees one more final squeeze,
and then start to extend your legs long into your shavasana. Let your body take up space, let your palms be heavy, spread your heels wide, soften your eyes I'll be keeping track of time so just let yourself rest for a few breaths enjoying the stillness enjoying the quiet

noticing where the mind is wandered on.

Gently bringing it back into the body as it rests here.

Acknowledging that subtle sensation of breath, filling the lungs in the belly.

Inviting a movement of wiggling the toes or brushing the pad of the thumb to each finger to take

a big inhale stretch in exhale if it feels good you can reach the palms overhead like a big morning yawn stretch walk the knees in let yourself fall to the right or left side and do a fetal position resting here

We take a moment in this pose, it's an opportunity that symbolize new beginnings,
beginning again and again,

every time we step onto the mat, slowly press yourself up, rising to a seated pose.

I'm going to grab my block. You can sit on your block, you could just sit in a comfortable kneeling or a criss-cross seat. Once you get seated, you can take your palms to heart center and close your eyes.

I'd like to thank you for sharing your practice with me, 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.
Thank you so much.