



Video Transcript

Yoga: Tune Into The Body & Ground In Awareness

Hi, I'm Ariana, and today we're going to be doing a longer, elastic vinyasa flow, and I really like to think of this one as tuning into the body. Do not be fooled. It is not slow and juicy, but rather we're going to move a little bit more quickly, tie in tire faster sequences, because when we are distracted and we are busy and our minds are full of stormy clouds, the best thing we can do is get into the body by movement. I was told by my teacher, and it's something that has resonated with me constantly every day, is that if the mind is stressed and tight and busy, you have to start by softening the body. It is nearly impossible to close your eyes and be like, okay, let me relax the mind. If you're holding all this tension in your body and you forgot to be connected to this whole thing that is from your ears down, walking and experiencing life with your mind so through this flow i hope that as we sweat and move and feel that we're able to tune into our bodies to get into our minds yeah sound good cool uh you do not need many props if at all if you're used to practicing with blocks just to help you uh with some poses or balancing grab some otherwise dive on in wherever you're at and we're going to start on our backs today

So you'll lie flat. We're going to start in constructive rest. So constructive rest is feet wide on the mat, knees fall in, and I'm going to let my palms actually come to my heart and my belly today. That is really a personal choice if you've been having a pretty antsy, crazy day. This is a nice place to rest to feel like you're holding yourself. It's okay. If you're like, I just want to flop it on out, do that. Love that choice for you. So start wherever feels comfortable.

And then when you're ready, close your eyes. Land here in this moment, in this shift, into stillness. And just notice someone, something that's on your mind. That's okay. You can welcome then that, whatever it is to be a part of your practice. We move with that. And then for these next few moments, let it be about you. Make a conscious choice to show up with compassion.

with power, with tenderness. And then gently scanning your body from the head down to the toes to notice where you feel the most bit of tension, the place that maybe feels pain or tightness. Let's start our breath there. Take a big inhale in the nose and an exhale out the mouth. Imagine you're softening that, loosening the knot. Big breath in. Long breath out. And one more big breath in, long breath out, untying the knot. And I invite you for these next few moments in this flow. As the mind wanders off, that's okay. You'll bring it back to this breath. Starting your breath in our nose and out our nose, creating that fiery heat. What some may hear as your ujjayi breath or your ocean-like sound, starting the intensity, that inner warmth. The breath in the nose.

And a breath out the nose. Letting that be your guiding light. If you had your hands on your heart and belly, let them fall to your side. So we begin. Slowly drawing the knees into the chest, giving them a nice squeeze. You can flex and point the toes, rocking side to side. Just notice how the spine feels wherever you're at in your day. Relax your shoulder blades long. And then when you're ready, you're going to send your left leg all the way down to the mat.

Taking a single leg, what we almost call like a single leg happy baby, you're going to squeeze your right knee into your chest. Take a nice big inhale. Fill up the belly. Exhale. If you want, stay here. Perfect, beautiful option. Or otherwise, you can take your right hand to the pinky toe edge and pull down the knee on the exhale. Sort of like a half happy baby. Take a big inhale. Exhale, drawing the knee towards the shoulder, towards the armpit.

It feels a little tight and funky. You can send it a little farther out, but not too far. You don't want to flop totally open. Big inhale and exhale. When you're ready, relax that grip and then take a single leg spinal twist. So the right knee comes to the left side. Left hand comes to the outer edge of the thigh. And then let your gaze follow your right fingertips. This should feel luxurious. Let the shoulder blades draw down to the mat. Don't pull yourself. Don't tug.

just let the body fall here have it be a choice a choice of where you land continuing to breathe inhale come back to center give it a little squeeze one more time feel that nice opening starting and warming up the body exhale switch draw the left knee into the chest give it a nice squeeze you can rock it again side to side just get comfy get to know yourself when you're ready on the inhale exhale

Left hand can grab the pinky toe edge. If you're like, absolutely not, this feels so tight. Come back here. Totally fine. Hand to shin. Left foot grabs the pinky toe edge. Take an inhale. You can have your right hand really wherever you want. Half happy baby. On the exhale, you'll notice the air comes out. The knee can come closer to the chest. Inhale. You can send the foot a little higher. Exhale. Draw the knee closer to the chest. One more inhale.

On the exhale, take that single leg spinal twist, right hand to the left thigh. Reach your left fingertips long. Let your gaze follow towards your left fingertips. Feel that nice opening in the outer edge of the hip, wringing out the spine, starting the day or ending the day. This is always a great one to visit. You can soften the eyes if you'd like. Soften your face. Just one more breath here. Imagine this as your activation. As we start to tune into the body, we begin in a slow... pace. So we really get to know

ourselves, how we're feeling today. Inhale, come back to center. Give both knees a big squeeze, rock and roll on the back, up the pelvis to eat rock, all the way up to seated. You can shimmy the legs out long for a second. Fingertips point forward, bend the knees, ground the feet. We're

going to take a reverse table. Press through the heels of your feet and the heels of your hands. Send your pelvis up. Let your head fall back, your throat open. This one is truly one of my favorites.

And then just to feel a little funky, you can rock forward and back slightly. Notice how it fires up the intensity in the shoulder. Take one more breath. Lift your hips higher. Exhale. Lower back down. Bring your fingertips forward. Give them a little shake. Sometimes I like to grab both hands like I'm holding my own hand. Rock side to side. Let's repeat. Heels down. Heels of the hands back. Take an inhale.

Exhale, press up. Lift your pelvis up. Let your head fall back. It should feel, woo, fun. Let your ponytail fly free. Take a big inhale and an exhale. So this is heart opener like crazy. Exhale, come down. Good. One more time. Just shake it out. Perfect. Cross through. Bring your palms forward. We're going to meet in table pose. Get right into our cat cow.

Start getting that fiery breath connection. Inhale, arch, gazing up. Exhale, push everything away. Hollow out. Belly to spine, chin to chest. Inhale, open up. Exhale. Out the nose, but again, if it feels good to go out the mouth every now and then, make that choice. Take the next three cat cows on your own. If you want, rotate the fingertips back or the thumbs flash out.

Get that nice stretch into the forearms. Rock the hips side to side. Let this be an exploration. An exploration of space in the body. Listening to what feels good. Opening up those tight places. And if you just odd along, that's also perfect. No need to get funky if that's not calling you. Last exhale. Return back to center. Tuck the toes under. Take your first down dog.

Press through all five fingers. Feet are hip widths distance. Tread through the feet right and left. When you're ready, find a moment of stillness. Take a big breath in. Exhale out the mouth, sigh it out. That was nice. Let's do it twice. Inhale in. Exhale, let it go. Nice. When you're ready, press up to your tippy toes. Shift your weight forward to your plank. Think that your shoulder blades are pressing.

Just hovering over your middle finger. Squeeze and lift your belly up. Press through your shoulders. None of this. Nose sinking. You got it. You're strong. Be in your body. Nose pointing down. Take a big breath here. A long breath out. Notice how we always want this pose to go faster and some of the other ones to go slower. How can we embrace that? Take a nice big inhale in. Feel the intensity. Feel the power. Exhale. Pike it. It's done. Down dog. Exhale. Let it go.

One more time. Inhale. Rock forward to your plank. Squeeze your butt. Push the shoulder blades away. This time we're going to hover to our low plank. Elbow squeeze tight into the body. Hover for three. Hover for two. Hover for one. Push it back up. Down dog. Take a second if you want to walk it out. And breathe. Good. One more time. Inhale. Roll forward to your plank. Just hold. Good. Exhale. Lower all the way slow to your belly this time.

Good. Untuck your toes. Keep your palms where they're at. You can almost hover them. Inhale, take a baby cobra. Looking out, engaging your low spine. Exhale. Let it go. Tuck your toes under. Press up to your plank or pass through table pose. Pike up, down dog. When you're ready, press up to your tippy toes. Bend your knees. Look at your palms. Walk or float your feet forward. Whatever feels good for you at this moment in the day. Weight towards your tippy toes. Inhale.

Flat back, get long in your spine, gazing out. Exhale, let it go. Inhale, bend your knees slightly, roll through each vertebrae, get tall in the body. Flash your palms out. Beautiful. Let's begin. Inhale, big breath, looking up to the sky. Take your right hand and let it trace down your side body for a side bend to the left. It's important here to imagine your shoulders and your hips are like a box.

And you want that box to face forward to the mat. We don't want to collapse in. We want to stay proud, strong, and open. Press through the left foot. Inhale, rise tall. Gazing up, looking at your palms overhead. Left hand slides and slips down the left leg. I like to gaze up almost towards my elbow pit to continue to keep that open chest, open heart. Inhale, rise up. Palms meet back overhead. Take a big breath in. Exhale, hands are going to come behind the back. Take a little bite.

wiggle the thumbs down, open up the chest, and a slight bend of the knees, let your wrists spill forward. Feel this nice, big heart opening. You can straighten the knees if it feels good. And when you're ready, release the bind. Inhale, flat back, gaze in out. Exhale, ground your palms, walk or float your feet back to the top of your plank. Take an inhale, feel strong in the body. Exhale, chaturanga. Halfway, up dog, inhale, breath in.

Exhale, down dog. Push the hips back. Good. Our first start of our flow. Press up to your tippy toes. Bend your knees. Let's repeat. Walk or float the feet forward. Inhale, get into your groove. Exhale, fold. Inhale, roll through the spine. Rise to standing. Reach the palms overhead. Exhale, side bend to the right. Inhale, rise back up. Exhale, side bend to the left. Inhale, rise back up. When you're ready, take the bind behind your back. Let the thumbs lower. Open your heart and chest. Spill it forward on the bind. Forward fold. A little wiggle. A little breath. Exhale. Let it go. Inhale. Flat back. Gazing out. Exhale. Ground the palms. Walk or float the feet back. Chaturanga. Halfway lower. Inhale. Up dog. Exhale. Downward facing dog. Keep breathing. Good.

Ready one more time. Inhale, press up to your tippy toes. Bend your knees. Gaze forward. Walk or float the feet to your hands. Inhale, flat back, gazing out. Exhale, fold. Inhale, roll through the spine. We've been here before. This should feel comfortable. Palms reach up. Tuck the tailbone under. Side bend to the right. Big breath in. Long breath out. Rise back up on the inhale. Exhale, side bend to the left.

Energy reaching through every ounce of the fingertips. Inhale, rise back up. Exhale one last time. Bind behind your back.

Open your chest up. Exhale, bend and fold. On the exhale, release the bind to the ground. Inhale, flat back. Lengthen out. Exhale, walk or float the feet. Chaturanga. Lower halfway. Inhale, up dog. Good. Exhale, down dog. Take a second. Check in here. Notice your feet hip-width distance. Pressing through all fine fingers and toes. Take a big breath in the nose. A long breath out the mouth.

When you're ready, send the right leg long, three-legged dog. You're going to bend your right knee. You're going to bring your right knee towards your right elbow. Hover, squeeze. Good. Inhale, lift it back up. Exhale, bring your right knee across. Twist towards your left elbow. Squeeze, squeeze towards your tricep. Inhale, lift it back up. Exhale, bend the knee. Imagine it's coming towards your nose. Then you step into your low lunge. We'll start here with our knee down just to get into the groove of things. You're going to bring your left hand down to the mat.

Reach your right fingertips up. This is a beautiful place to start. If you're like, I want to dive right on in, tuck your back toes under. Elongate your leg for a full twist. Give yourself a breath to get settled. Notice what this feels like, this shape on your body today. When you're ready, at this point, lengthen your leg out. Your palms are going to frame your front foot. You can step your back toes in slightly. Rise to a crescent warrior.

Good. We want to keep our hips nice and square. Lengthen through our quad. Reach our fingertips up nice and long. Good. Now we're going to take a standing twist. Left arm is going to reach forward like you're going to shake someone's hand. Right arm is going to peel back. And then your gaze is going to follow your fingertips all the way towards the right hand. And if you weeble wobble, trust me, I am too. This is a tough one.

Imagine that I'm on both sides. I'm reaching your hands, pulling your fingertips. Get tall in your spine. Lunge deeper. Good. One more big breath in. Inhale, circle back to our crescent. Step our left foot in. We're going to come to pyramid pose. Imagine your feet are on train tracks, so definitely not a tightrope because you will be surfing. Feet are on train tracks. Both toes are pointing forward. Hands come to your hips. Get tall in your spine and then exhale, fold over at your belly button.

into pyramid pose now in this one if you're used to using blocks because we're just starting our journey that is absolutely an option I love for you if you don't have blocks or you don't need blocks all good walk your fingertips as far forward as you can always remember that we want to take care of a nice long lap fine here two breaths start to open up the backs of the legs when you're ready step the feet together on the exhale forward fold

Inhale, flat back gaze, you know. Exhale, round the palms. Tataranga. Halfway down, inhale, up dog. Good. Exhale, down dog. Right away, find that moment of grounding. Send the left leg long. Three-legged dog. Bend the left knee. Exhale, knee to elbow. Good. Inhale, up. Exhale, across. Knee towards the right elbow. Inhale, up.

Bend the knee. Think squeeze it towards your nose and step it through. Lower your back knee just to adjust. Right palm stays down. Take our low lunge twist. Great way to start here just to get into the body. But again, if you're ready, tuck the back toes under. Elongate the back leg. Gazing up, think push off your bottom hand. Open your heart and chest. When you're ready, if you haven't, elongate your back leg. Palms frame the front foot. Step the toes in ever so slightly. Push off the ball of the foot.

Think of it like a Barbie foot, right? Reach the fingertips up overhead. A stiletto back foot.

Squeeze the ribcage shut. A moment to sign breath here. And then I always encourage, look over your knee. If your knee locks your toes, no way now. Think knee over the ankle. Reach the fingertips long. It's okay to weeble wobble. I do too. Right fingertips forward. Left fingertips back. Woo, standing twist. Squeeze the low belly. Reach the fingertips long, long, long.

Look back at your palm. Big breath in. Long breath out. Soften your face. Good. Inhale, rise back up. You're going to step your feet into our pyramid pose again, like those railroad tracks, wide enough as your hips. Hands to your hips to first keep the pelvis long and then fold over your front leg like a pyramid with your feet. Reach your fingertips long. Close your eyes. We'll be here for about three breaths.

Enjoy the different type of intensity. We won't be here this long on the next round of the flow, so let yourself settle in. When you're ready, lunge your weight back in. Step your feet together,

forward fold. Inhale, flat back, gazing out. Exhale, ground the palms, chaturanga. Lower halfway. Inhale, upward facing dog. Exhale, downward facing dog. Big breath in. Use it as a way to scan the body.

Exhale out the mouth. Our second round. A little bit faster, a little bit more grounded. Inhale, right leg long. Exhale, right knee to right elbow. Inhale, right leg long. Exhale, right knee to left elbow twist. Inhale, right leg long. Exhale, step it through. Low lunge twist. And this time I encourage you to keep the back knee off the mat. Left hand down, right fingertips reach up. Get tall.

Now pay attention to the variations. We're going to slightly change how we pass through each pose. Looking down at the left hand, keep your left foot slightly moved in and you're going to rise up into your standing twist. Press through that right foot. Look back at your right fingertips. Big breath in. Long breath out. Rise the feet back together for our pyramid pose. Step them in slightly forward fold. Find those variations you chose either with blocks or without.

Big breath in. Still using that nice fiery breath. Breathing in through the nose, exhale through the mouth, if you mean. Feet together, forward fold. Inhale, flat back, gazing out. Exhale, ground the palms. Walk or flip the feet, chattering. Exhale, down dog. Take a moment here. When you're ready, grounding through the palms, left leg long, opposite side. Bend the knee, left knee to left elbow. Good.

Inhale, rise it up. Left knee to right elbow. Find that twist. Inhale, lift it high. Left knee towards the nose. Step it through. Low lunge. Keep the back leg elongated on this side. I know you can do it. Right arm reaches down. Left arm reaches up. Final moment. Open the chest and heart again. Keep that right leg long. Gazing down at the palm.

You'll send the right foot in ever so slightly. Push off the mat. Rise up to your standing twist. Right arm is forward. Left arm is back. Two or three breaths. Notice the heat. Notice the intensity when you're ready. Come back to center. Step the foot in pyramid pose. Square the hips off. Send the spine along over top of your left leg. Just two breaths here. Notice if it feels easier. You can go a little bit deeper.

Step the feet together, forward fold. You can give them a wiggle. Inhale, flat back, gazing out. Exhale, our last chaturanga of this first flow. Slowly lower, inhale up. Exhale, down. Give yourself a much-needed little reprieve. Child's pose for a second. Knees together, toes wide. Walk the palms nice and long. Let yourself rest. Three breaths here. Use this pose as an opportunity.

To notice where you've strayed, where you've wandered off from the body. Notice if the mind has been busy or it's placing judgments on how things look or feel. When we do this practice, it's about embracing those imperfections and not trying to look or feel a certain way. When we're ready, you can walk the palms back in. Tuck the toes under. Let's start our last round of our float. Meat and down dog. Wiggle out the hips. Big breath in the mouth or big breath in the nose. Exhale out the mouth. One more big breath in the nose. Exhale out the mouth. When you're ready, take your right leg long, three-legged dog. This flow has a bit more changes. Bend your right knee towards your right elbow. Good, inhale, lift it up. Bend your right knee towards your opposite twist. Good, lift it back up. Same thing, bend your knee towards your opposite elbow. This time you're gonna step it out. Press through your right palm.

Fall in triangle. Reach your left arm to the sky. Lift and cinch your hip. Look towards the ceiling. Press up. I know this one's hard. I feel you on that. If you're sweating, we're doing it together. Bring your left hand down. Swivel your right leg back up to the sky. Bend your knee. Step it through. Low lunge. This time we'll start almost like a crescent warrior. Sweep your fingertips up. We're going to come into a prayer twist.

So palms come to heart center, left elbow to the right thigh. And just like we twisted previously, this time we use our right thigh as like a little kickstand, a little point of pressure. You can start here. This is totally okay. If you feel good, tuck your back toes under. Elongate it all the way. Imagine that I'm pulling a string from the crown of your head and out your heel. Can you get longer? I bet you can.

Deep breath here. Find your focus. Get into your body. Looking down, press and drive through your right foot. Your left fingertips are going to reach out for a revolved half moon. If you don't need to touch the ground, more power to you. If you need a block, absolutely a great option. Revolved half moon. Peel your right fingertips up. Flex your left toes back. Look up towards your right hand. A lot of twisting, a lot of turning.

Embrace the discomfort. Embrace the challenge. It's okay to fall out of it. Get back in nice and slow. When you're ready, collapse down. Step your left toes behind your right for a crossed over forward fold this time. Spend a little bit of time. You can wiggle here if it feels good. Walk the palms maybe to your right corner of your mat. You'll notice how it opens up the left hip. One more breath. Come back to center. Step the feet together.

Inhale, flat back, gazing out. Exhale, round the palms, chaturanga. Halfway down, inhale, upward facing dog. Good, exhale, downward facing dog. When you're ready, left leg comes long, three-legged dog, bend the left knee towards the left elbow. Good, inhale up. Left knee towards the right elbow. Inhale, back up. Left knee towards the right elbow, swing it through, fall in triangle, push the left arm down.

The right arm to the ceiling. Get tall. Cinch up your side body. Breathe into your power. Push the floor away. One more breath. Bring the right palm back down. Swivel the left leg up. Bend the knee. Step it through. Find your low lunge. Again, as we start, start in your crescent. Get grounded. Find your moment of balance. Hands come to heart center. Prayer twist. Right elbow. Towards the left thigh. This is your counterbalance. This is your anchor. Press the top hand into your bottom hand and let your chest open your eyes. Follow back. Good. When you're ready, tuck your back toes under. Lengthen your back leg. Push and pull the floor. Imagine the mat tearing apart. That's how much you're activating in both feet. Good. When you're ready, gaze down at the mat. Press through your left foot.

Right hand comes forward to our revolved half moon. Notice your hip bones pointing down the right toes point down. Right hand finds the block or the ground. Gaze up towards the ceiling. I know, it's a hard one. If your gaze doesn't float up, that's okay as well. Spend two or three breaths exploring, noticing what this feels like. It's a tough one. I know, I feel it too. Good, one more breath.

Bend your knees, collapse, let it all go. Right foot comes behind the left. That is some sweet, sweet relief. If you did so on the first side, take your left hand and right hand and walk them to the outer edge of the mat on the left side. Two or three breaths here. When you're ready, come

back to center. Uncross the feet. Step the feet together into your forward bowl. Take your inhale, flat back. Gazing out. Exhale, ground your palms, our last chaturanga.

Walk your feet back. Pull. When you're ready, slowly take your chaturanga, upward facing dog. Exhale, downward facing dog. Good. When you're ready, gaze down at your palms, bend your knees. You're going to just swing your feet around onto your mat. Give your knees a nice little shimmy. Good. You can point your fingertips forward. Take a little. Just winch your wipe side to side.

Good, and then when we're ready, we're going to take a little hip opener. So I call this one fire log pose. So you want to imagine like your stacky two logs. So if you're sitting forward onto your mat, you're going to take your left knee and you're going to bend it in parallel to the mat, to the front. Now you're going to take your right foot across and think that what you're stacking are your shins like fire logs. This one is incredibly difficult for me, y'all. These hips are tight. So if you are struggling, know that it's okay if this is what it looks like. They do not need to be perfectly flat. Imagine it like two logs stacked on top of each other. You might need to adjust.

Once you get to this place, just inch your fingertips forward to what feels comfortable. Good. And we'll spend just two or three breaths here. She's an intense one. So if you're like, whoa, I want this to end the minute it started, we're in it together. You got it. This is training for life. Sitting in a difficult pose teaches us what it's like internally to deal with difficult moments. And use that.

Let's work with that. We're training in awareness in our body and compassion, having compassion for ourselves when things are difficult. Taking one more breath. On your next inhale, slowly rolling up. Uncross the feet. Give them a nice wiggle out in front of you. Always feels funky. Take the opposite side. Your right foot this time comes across, so think about your right shin getting parallel. Stack your left foot over top of your right.

So think shin to shin. Trust me, I told you it's not hard. We just want to make sure that our hips are not off the mat. So this, a little weeble wobble is not great, but both sits bones down.

Perfect. That's where we want to be. Once you're comfortable, walk the fingertips forward. Just an easy forward fold. Let the eyes fall. And at this point in our practice, where we're starting to dial down the intensity,

Just be there as a gentle guide, like an old friend. Just there to greet you when you need a little bit of support. In the nose, out the nose or the mouth. Taking two more here. When you're ready, slowly rising up. Uncross the legs. Shake that one out. Let it feel good. Slowly come onto your back. Scoot yourself down. Let yourself get comfy. Give your knees a big squeeze. You deserve it.

Flex and point the toes if it feels good. One last pose. We'll take our happy baby. Palms come to the pinky toe edge. Give your knees a squeeze and just rock side to side. Let it feel nice. When you're ready, you can send your legs out long. If you want to take in one more pose before Shavasana, absolutely do what you need to. Otherwise, extend the legs nice and long. Take up space. There's nothing around. Let yourself just relax. Palms floating up.

And again, take as much time as you need in this pose. Give yourself that moment of stillness, of quiet. I'll leave you here to close your practice. I'd like to thank you so much for practicing with me and enjoy your nice, still shavasana.

