

## January 2022 Video Library: YOGA

---

### **Gentle Yoga: Flow with Shakti**

‘Finding Flow’ was researched and revealed by a Hungarian psychologist, Mihaly Csikszentmihalyi who also called it ‘optimal experience’. We layer our understanding of flow with the attributes of our 2<sup>nd</sup> Chakra (creativity, curiosity, sensuality, patience) and also with a sweet co-ordination of the breath with movement. The legend of Shakti (divine feminine creator and sustainer) pairs nicely too: when she breathes out, we breathe in; when she breathes in, we breathe out. A beautiful, calming practice! Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

---

### **Gentle Yoga: Heart Opening**

This practice focuses on ‘opening the area of the heart: physically releasing tension in the back, sides, chest, shoulders, and also mentally and emotionally, releasing any burdens or concerns that may be weighing on us. Looking for the middle ground with our head and neck posture, like goldilocks: not too much flexion, nor too much extension, but poised right in the middle (feels great!). Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

---

### **Gentle Yoga: Creating Space**

Our theme today is to ‘create space’ (finding length or releasing tension), and we know anecdotally that when we create space, we just feel better all over! We use Child’s Pose as our opening and closing benchmark, as well as breathing deeply, rhythmically and well. When we practice this, our whole body lights up: muscles, joints, digestion, nervous system and our mind! Props: mat, yoga block, yoga belt (add a loop), blanket. 60 minutes

---

### **Gentle Yoga: Relieving Stiffness, Breathe Out**

We know that stiffness in the body can be caused by many things, however, at the foundation, is usually because of prolonged contraction of the muscles. And this is often triggered by stress. We add the concept of Water to this practice, to visualize and encourage more fluid movement, a sense of more freedom and possibility. The practice is bookended with ‘Relaxing Breath’ adapted from Dr Andrew Weil: 4 counts in, 6 counts hold, 8 counts out. The extended exhale cue many systems to release, cueing our parasympathetic nervous system. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

---

## **Yoga for Runners: Eagle vs Half Moon**

The ultimate expansion and contraction or Yin/Yang: Eagle with intense internal rotation during single side balance versus Half Moon with wide external rotation, also during single side balance. We find versions of these supine on the mat, kneeling, standing and finally with full balance, building muscle memory and confidence! Opposites include Frog,/Shoelace, Pigeon/Dragon, Goddess/Internal Shoulder Rolls, Eagle/Halfmoon. Props: mat, yoga block, strap, blanket. 60 minutes

---

## **Yoga for Runners: Finding Length . . . Legs, Breath, Mind**

Benchmark this practice with a standing forward fold and see where you're at . . . no straining, just checking in. We return to this often: supine, seated, standing on 2 feet and balancing on 1. Awaken the entire posterior chain (although you may just be feeling the hams). No matter what your range of motion, figuring out the standing balance of Extended Leg Pose, maybe using a little help with a wall or chair nearby, a belt on the foot, or keeping the knee bent. Celebrate your progress! Props: mat, yoga block, strap, blanket. 60 minutes

---

## **Yoga for Runners: Awaken the Psoas**

Begin with a visual refresher on the anatomy of your fulcrum (spine/pelvis/leg bones) and the elegant pivotal muscle that moves these bones into flexion: your Psoas! Because it's layered inside your pelvis, it takes diligence and persistence to engage and awaken. Find your inner core with good alignment; navel in and up, pelvic floor taut, low back in neutral and hip points sliding toward each other. Once you've found that, your psoas is awake and responsive. Move through Warriors, Extended Side Angle, Happy Baby on the block and more. Props: mat, yoga block, strap, blanket. 60 minutes.

---

## **Yoga for Runners: Strength and Fire, aah**

Our strength starts with our connection to the earth. The earth's energy is gritty, slow moving, stable and nurturing. The more connection with have (especially with our active feet), the more we benefit. Build from there with Kappalbhati pranayama for the deep core connection and add that as you move through Dragon, Tree pulses, Chair balance, Plank Knee Tucks, Warriors and more. Props: mat, yoga block, strap, blanket. 60 minutes

---

## **Hatha Yoga: 3<sup>rd</sup> Chakra: Strength and Courage!**

Find your innate strength on the mat to bring clarity and brightness to your being! Bring to bear Sun or heating pranayama, including Ujjayi, and Kappalabhati ('breath of fire') and build your awareness, control and core strength to support your posture, find your courage and move with confidence. Single sided work to even things out, including Side Plank, Goddess, Warriors, Pigeon and more. Props: mat, yoga block, belt, blanket. 60 minutes

---

## **Hatha Yoga: Flow with Adrenal Twists**

Working with opposites and with the framework of being nurtured and empowered by the opposites of Earth and Heaven, find your flow! Working through many adrenal twists (our adrenals are just above our kidneys which are inside our lower back ribs, and are the glands that secrete adrenalin and cortisol when we're stressed) gradually brings profound ease to our musculoskeletal system, digestive and nervous systems, and our mindset. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

---

## **Hatha Yoga: Solstice with Yin, Restorative, Tapping & '6 Bridges' Meditation**

You may think this an odd choice to include, as Dec 21<sup>st</sup> is behind us. However, if you're ever in need of a reset, centering, calming, grounding and need to move through difficulty to find your hopeful positive self, this practice is it. Embracing a time of transition, moving from cocooning to planning and emerging, through the process of yoga techniques. Square breath, then tapping with affirmations, Yin yoga with longer holds (and deeper release), Restorative yoga with lots of props and 'sinking', and finally, '6 Bridges' meditation to clear areas of yin/yang. LOTS of props: mat, yoga block, belt, 2 blankets, 2 pillows, bolsters if you have them, eye pillow. 60 minutes

---

## **Hatha Yoga: Brain Gym . . . Cross Lateral Patterning and Nadis!**

Awareness of cross lateral patterns in our yoga practice is familiar; today we layer on some insights from yogic metaphysics: nadis. There are 3 main nadis: channels of energy that travel up and down our major chakra system. We have Ida and Pingala which weave in and out of each chakra like a helix, and Sushumna which is the balance in the center. All of this makes us more aware of our duality in our existence, the constant ebb and flow of opposites which bring spanda (the illusion of balance in the middle). Alternate nostril breathing and many single sided postures & sequences heighten our experience and create bright energy! Props: mat, yoga block, belt, blankets & pillows. 60 minutes

---