

April 2023 Video Library: YOGA

Yoga for Runners: Warriors, Strength & Resilience!

If you're having a day where you need to feel grounded, calm the vritti, shake off your stress . . . this is the yoga practice. The warriors can be challenging and yet kind, working the opposites, pushing us a little to find our courage and resilience (which we have, sometimes buried) and emerge clear-eyed and confident. Props: access to a wall, mat, yoga block, belt, blanket. 45 minutes

Yoga for Runners: Open the Heart, Breathe Out

Come to this practice if you're carrying tension in your back, shoulders, neck and chest. Many times we don't realize how much 'holding' is going on there, til we move through a practice that unpeels the layers. We begin with perspective from Giovanni Dientzman called 'I Was Wrong'. Physically moving through rotation, extension, flexion, lateral movement (and it's not just in the upper body!), we can find great relief. Props: mat, block, belt, blanket. 45 minutes.

Yoga for Runners: Rotate and Explore!

'Yoga for Runners' is quite an apt name . . . as runners (or cyclists or any other weekend warrior) we really focus on the training, the work, building strength, speed, distance. Worthy goals, indeed! It doesn't take long til we realized we need to balance that strength, power and Yang, with flexibility, and with Yin. This practice iteratively leads toward two challenging and satisfying standing balance shapes: Eagle and Half Moon. Your legs, hips, back and shoulders will thank you! Props: mat, block, belt, blanket. 45 minutes.

Hatha Yoga: Happy Heart Day . . . and Chaturanga!

While this class was on Valentine's Day, every day can be 'happy heart day', opening the thoracic area of the spine and all that's attached! We also take the time to workshop Chaturanga . . . which may not be everyone's favourite shape/move?! Learning a few tips to make it more doable may change your practice, remember we're on the mat to learn! The key is to keep your shoulders well ahead of your hands (and come to your knees to build your strength). Props: mat, yoga block, belt, blanket. 60 minutes

Hatha Yoga: The Usual Suspects: Hips and Shoulders

This is one of my favourite practices, using isometric contractions to stimulate, align, strengthen and expand our hips and shoulders! They are two key areas of both stability and mobility, so it's no wonder that they need special attention now and then. Abdominal breath brings fresh awareness to the deep hips. Finish with Legs Up the Wall. Props: mat, yoga block, belt with a loop, blanket and access to a wall. 60 minutes

Hatha Yoga: Stability/Creativity/Self Awareness, Our First Three Chakras at Work

We begin our practice with a yoga squat to forward fold, awakening our grounding, our flow and our strength. Add the context of Ganesh, the Hindu god who is the remover of obstacles, the opener of doors, the protector. We briefly practice the chant to Ganesh, to aid us in our practice and indeed in our life with his symbolism of protection and steadfastness. Kappalabhati pranayama, Mariachy and Dragon bind, and more. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Yoga for Stiff Bodies: Yin & Restorative

If you're in need of a calming, centering practice, tap into this one which happened on Dec 20, the cusp of winter solstice. We utilize gentle yoga, tapping, yin yoga (longer holds with lots of props) and restorative yoga. Very blissful and just right if you've had a stressful day. Props: mat, block, yoga belt, blankets, pillows. 45 minutes

Yoga for Stiff Bodies: Stability B4 Mobility

Find your stability (alignment, grounding, engagement) before adding mobility (fluid, responsive, expressive)! Work well with your hands and feet, moving through tree, triangle, pyramid, revolved triangle, warriors, eagle, half moon. Props: mat, block, belt, blankets. 45 minutes

Yoga for Stiff Bodies: Finding Length and Space!

Compare how you feel at the beginning of practice with how you feel at the end . . . likely less tension, more ease, longer and more spacious! And we know it isn't just our physical layer that feels this! Set a benchmark with a forward fold, and after working through chair, eagle, tree, extended leg, trikonasana and more, check in on that forward fold again. Amazing! Pranayam: extended inhale at the beginning of practice, and extended exhale toward the end. Props: mat, access to a wall, block, yoga belt with a loop, blanket. 45 minutes

Gentle Yoga: 3rd Chakra for Moving Obstacles

While 'Gentle Yoga' may make you think of restorative yoga, not so today! We focus on our strength in this practice: the inherent strength we have and the potential for more. No headstands! Just grounding with abdominal breath, padma bandha (feet), challenging ourselves a little with standing balance (Warrior I) and then a long deep Savasana. Props: mat, block, strap, blanket. 60 minutes

Gentle Yoga: Grow Taller and Longer, Open the Back Body!

Many of us carry discomfort in our back body, which starts from the bottom of your feet, all the way up the back of the legs, glutes, back, shoulders, neck to the crown of the head. And you know, we don't have to live with that tension! Repeating forward folds, and also rotation in the body to gradually tease out the tight connections and bring ease. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Gentle Yoga: Bringing Balance

Saying 'Balance' may make you think of standing on one foot . . . but it's so much more than that. 'Bringing Balance' or equilibrium brings us back to many yins & yangs: stability/mobility, strength/flexibility, left/right, front/back. A lovely practice (and yes, we do work on standing on one leg)! Props: mat, yoga block, strap, blanket. 60 minutes
