

## August 2022 Video Library: YOGA

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### **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

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### **Gentle Yoga: the Back Body, Prana ∞ Apana**

We begin by finding our connection to the earth, and opening ourselves up to the heavens. We are blessed to be poised between these two benevolent energies: Apana, the downward connection to the earth's stability and Prana, the up and out connection to heaven's bounty. Work through the practice to create length in our entire posterior chain: feet, hamstrings, low back, upper back, shoulders. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

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### **Gentle Yoga: Stabilize with 3 Locks & Release the Psoas**

A wonderful practice for anyone with tight hips or an achy low back! Work with 3 bandha's or locks in this practice to establish stability and strength! We may think this requires a certain amount of force; rather, it brings heightened awareness to the pelvic floor (Mula Bandha), navel in & up (Uddiyana Bandha) and slight chin tuck (Jalandhara Bandha) to maintain alignment in the spine and hips. Work with a loop in your belt to find and release the psoas, a slender long muscle inside the pelvis. Props: mat, block, belt with a loop, blankets & pillows. 60 minutes

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### **Yoga for Runners: Revolved Half Moon, Oh Boy!**

Revolved Half Moon is a challenging posture in many ways: standing balance, external rotation at hip and internal rotation at upper body and shoulder. Takes a fair bit of prep to build towards this, moving mindfully, with courage and wisdom! Using the wall to detail our understanding of Half Moon, then stabilizing with the wall to explore Revolved! Props: access to a narrow piece of wall, mat, yoga block, strap, blanket. 60 minutes

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### **Yoga for Runners: “Virabhadra”, the Warriors!**

Beginning with the legend of Virabhadra, Shiva and Shakti, we learn about a powerful warrior who carried 2 swords, leading to the shapes of Warrior I, II and III. Explore some of the finer points of form and alignment of the 3 Warrior poses; a strong, dynamic practice. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

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### **Yoga for Runners: Balancing Strength and Flexibility**

*“A strong body leads to a strong mind . . . a flexible body leads to a flexible mind and heart”*

*BKS Iyengar*

Appreciate your strength, and, your flexibility in this dynamic practice! Kapalabhati pranayama prepares the heat and inner core engagement to carry us through. Gradually explore preparatory shapes and sequences to get us to a peak sequence of Warrior I, Extended Leg, Dancer, Warrior I, Dragon. Finish with a longer Savasana to reap the benefits! Props: mat, 2 yoga blocks, strap, blanket. 60 minutes

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## **Hatha Yoga: Let Downward Dog Release the Entire Back Body**

We often flow through Downward Facing Dog as a transition posture, spending just enough time in it to get that hamstring stretch! Actually, straightening the knees is the last piece to work on with DWD as its primary function as an inversion is to decompress the spine. Practice Dolphin, Forward Fold, Chair, Tree, Pyramid and more. Work through this practice to fall in love with DWD again and leave feeling taller! Props: mat, yoga block, belt, blankets & pillows. 60 minutes

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## **Hatha Yoga: 5 Elements, Flow and Buddha**

From a mudra/intention perspective, it's said that the 5 elements relate to our fingers:

Thumb = space

Index = air

Middle = fire

Ring = water

Pinkie = earth

Keep this in mind as we flow between 2 energy directions: Apana (downward, earth) and Prana (upward, heaven). The element of water is especially present in this practice, as well as some perspective from Buddha (become a giant tree in the midst of all). Lovely flow, with the breath, bringing grounding, strength and peace. Props: mat, yoga block, belt, blanket. 60 minutes

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## **Hatha Yoga: Uddiyana Bandha – Deep Core Engagement**

A new take on Uddiyana Bandha as a standing exercise to really connect to the inner core with no breath. (This is an ancient yogi practice, yet I've seen many martial arts fighters using it.) As we work through the practice, finding this deep core engagement, especially in standing postures and sequences, such as Warrior II, Reverse Warrior, Extended Side Angle, finding cross lateral relationships with Pigeon and Dragon, and finishing with a hip sequence at the wall, and Viparita Karani (legs up the wall)!

Props: mat, yoga block, belt with a loop, blankets & pillows. 60 minutes

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### **Yoga for Stiff Bodies: Becoming 'Unstiff'**

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. Even tilting our head forward by 5 degrees creates strain down the entire back body, so alignment and awareness are key. Enjoy this simple practice to explore movement patterns and areas of tightness, accompanied with hope and optimism that we can make change! Props: mat, yoga block, strap, blankets. 45 minutes

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### **Yoga for Stiff Bodies: Move with Purpose**

Create heat, build your strength, and move with purpose! What a mantra for life! Kapalabhati breath connects our strength from the inner core, pairing this through the practice. Boat, Downward Bow, Scorpion, Dragon, Chair & balance, Goddess Squat, Tree, Eagle, Warrior I, and Dragon again. Satisfying sweaty practice, feel spent and exhilarated at the end! Props: mat, yoga block, yoga belt, blanket. 45 minutes

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### **Yoga for Stiff Bodies: Brighten Your Brain, Cross Lateral Patterning**

Work through a fluid and dynamic practice to explore cross lateral patterning, whereby the right side of the brain controls the left side of the body, and vice versa. Visualize an 'X' from each shoulder to its opposite hip. Surya Namaskar A, Warrior III, Revolved Warrior, Dragon and Pigeon will create those diagonal connections, stimulating the nervous system. I usually feel I'm vibrating by the end of this practice! Props: mat, yoga block, yoga belt, blanket. 45 minutes

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