

## June 2024 Video Library: YOGA

*“Welcome to practice! For whatever reason you’re here today, honour that. It may be something physical like the need to stretch, or the need to calm yourself, or just to unplug from the day. As always, we know that there’s a whole lot more that comes with practice, mentally, emotionally, energetically and spiritually. Let it in!”*

Sandy

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### **Yoga for Runners: Embracing DWD (Downward Facing Dog)**

Savour this practice as we break down the components of a pose we do 5 – 10 times in every practice: DWD! Understanding the priorities in the shape (inversion, back extension being at the top) and the variables (hamstrings) to sweeten your experience of this posture! A specific focus on taking strain out of the wrists. Props: mat, yoga block, belt, blankets & pillows. 45 minutes

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### **Yoga for Runners: 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 Runners: Thoracic Twists, Say ‘Ahhh’**

Many of us carry stiffness, tension and even pain in our mid-upper back, shoulders and neck. One marvelous way to relieve this is to work through thoracic rotation. We have 12 vertebrae in our thoracic spine, and 12 pair of ribs attached . . . there’s the stability. Within the range of stability, they love to move and especially, to twist! Cat/Cow, Body Circles, Dolphin Saws, Chair Twists, Goddess Shoulder Rolls, Warrior Twists and Revolved Triangle all show up in this one!

Props: access to a wall, mat, yoga block, belt, blanket. 45 minutes

## **Hatha Yoga: Dissecting Warrior III and Half Moon**

Working with two opposites today, finding our grounding and stability, which then enables us to find our creativity and flow (1<sup>st</sup> and 2<sup>nd</sup> chakras)! We workshop two standing balance postures: Warrior III and Half Moon, which to a new yogi may look kinda the same. We find approximation of these two poses in a supine position, kneeling and finally standing! Props: access to a wall, mat, yoga block, belt, blanket. 60 minutes

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## **Hatha Yoga: Embracing Flow . . . Eyes Closed?!**

We often lose ourselves in the state of flow as we practice yoga, especially noticeable when you get to Savasana! Flow is akin to our 2<sup>nd</sup> chakra, our center of Creativity, which is also aligned with the element of Water. Water (and creativity) can be very dynamic and powerful, as well as subtle and fluid. Permission to make this practice yours, and especially so if you can keep your eyes cast down or even closed (yes, even in the standing sequences)! Props: mat, yoga block, belt, blanket. 60 minutes

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## **Hatha Yoga: Yin Yoga and Your Hips & Hamstrings**

Yin Yoga is a more advanced practice with longer holds. Key words for this practice: Grounding, Safety (1<sup>st</sup> chakra), Wisdom and Self Care (6<sup>th</sup> chakra). We incorporate a deeply relaxing PSNS pranayam with a long full inhale, and a strong exhale. Begin with a brief standing practice and then move to the mat to release your psoas, glutes, hamstrings and low back. Savour Dragon, Hanumanasana, and Sleeping Swan (Pigeon) moving like a sloth. Finish with a deep savasana with legs up the wall. Props: mat, 2 yoga blocks or similar, belt, blanket, pillow. 60 minutes

## **Yoga for Stiff Bodies: The Yin/Yang of Internal/External Rotation**

We know that opposites both attract and complete each other, and this is our exploration today. Our focus is on the hips and shoulders (yay!) carefully undoing tightness, imbalances and increasing ROM. Not only does the physical practice leave us open and vibrant in our joints, it unravels areas of hesitation, anxiety and fear. End game is standing balance with Eagle and Half Moon, then sink into Viparita Karani (legs up the wall). Props: access to a wall, mat, block, yoga belt, blanket. 45 minutes

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## **Yoga for Stiff Bodies: Open the Heart, Metta**

While this was recorded on Valentines, let any day be 'Happy Heart Day'! Physically, this practice focuses on mobilizing the thoracic spine and the area of the ribs. You can expect all the movements of the spine: flexion, extension, rotation, lateral and decompression. A lovely sequence moving through Warrior II, Extended Side Angle, Revolved Warrior, then Triangle, Reverse and then Revolved Triangle. Finish with Restorative Brook and Savasana Props: mat, block, yoga belt, blanket. 45 minutes

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## **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

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### **Gentle Yoga: Turtle and Isometrics**

Beginning the practice in Child's pose, we visualize ourselves as a turtle, tucking in our arms and legs, our tail and our head, being very comfortable inside our shell, safe and peaceful, taking stock on our internal world. From there, we're ready to expand and explore, releasing tension deep in our joints with isometric stretching and movement. Props: mat, yoga block with a loop, strap, blanket. 60 minutes

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### **Gentle Yoga: Balance Your Hips and Shoulders**

Given the amount of work our hips and shoulders do, it's not a surprise that we need to give them 'love': stimulation, flexibility, strength and alignment. Work gently through the practice while engaging your inner core (navel in and up, find the pelvic floor). Use your yoga block and belt (with a loop, I'll show you how) to get deeper into the hips, finding a great release and balancing out the left/right, front/back. Props: mat, block, strap, blanket. 60 minutes

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### **Gentle Yoga: 3<sup>rd</sup> 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

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