

May, 2022 Video Library: YOGA

Gentle Yoga: Stable, Creative, Confident . . . Our First 3 Chakras

Our chakras are our energy centers in our being, representative of different areas of self care and self awareness. Begin with slow squats to feel our grounding with the earth, then hip circles to bring fluidity and creativity, and finding our strength with abdominal breath with Ujjayi exhales. Invigorate all 3 chakras with a gentle Kapalhati Breath. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

Gentle Yoga: Opening the Heart

Work through this gentle practice to open the heart: physically releasing tension in the chest/back/shoulders and ribs, creating more ease with the breath and aligning our posture. We know when we approach a practice with a physical goal, our other layers benefit as well, mentally, emotional and spiritually. Work through baby back extensions, stabilized with 3 'bandhas' or locks: Muladhara (chin), Uddiyana (navel) and Mula (pelvic floor). Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Gentle Yoga: Bring Balance with the Opposites of Internal & External Rotation

We explore external and internal rotation in our hips and shoulders in this gentle practice, moving through supine, seated, kneeling and standing postures and sequences. Begin with standing Cat/Cow or spinal breathing, then Kundalini arm whirls, and standing hip/leg rotation. Continue to build on those patterns to bring balance and peace! Practice a full Yogic breath, 'filling the cup of water'. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Yoga for Runners: Brighten Your Heart!

Begin with opening the front, the back and the sides of your heart, using extension, flexion, lateral bends and twists. Supine twists for lower body and upper body, 'Banana' and Bridge lifts all cue ease of movement and release of tension. Kundalini 'adrenal twists', Triangle series and Warrior II series all stimulate the strength & stretch response to bring greater ease. Props: mat, yoga block, strap, blanket. 60 minutes

Yoga for Runners: Awaken with Trikonasana

Start with awareness of your sides, and then your back body: everything from the soles of the feet, back of the legs, your full back and neck. Finesse your Triangle with greater awareness of foot placement, leg/hip angles, upper alignment and safe movement. An interesting challenge to keep both sides long! Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

Yoga for Runners: Loving Your Back with Length and Strength

Often these days our backs are tired or sore, or even strained, through all of our sitting, leaning into zoom calls and the rest! Working through proper alignment and core engagement, strengthening with back extensions like locust, cobra, up dog. Dolphin, bird dog, scorpion, and pigeon work well together. Goddess squat to Warrior I then Warrior III, working the yin/yang of strength and flex. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

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

Hatha Yoga: Finding Balance, Having Courage . . .Chapasana

A familiar theme, to find balance, that illusive middle ground between opposites! Start with grounding, strengthening, acknowledging, and training our musculoskeletal and nervous systems to meet the challenge. Incorporate Chapasana through the practice, from a standing quad stretch to supine, then kneeling, from pigeon and then from half moon. Nadi Shodhana completes the practice to balance the sides of the brain, deeply calming. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Hatha Yoga: Balance the Opposites . . . Eagle & Half Moon

We explore external and internal rotation in our hips and shoulders in this juicy practice, moving through supine, seated, kneeling and standing postures and sequences. Each round builds on the previous, enabling better balance to our hips and shoulders. Happy Baby is our benchmark. Move through the peak sequence of Dragon Bind, Pigeon, Eagle and Half Moon. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Yoga for Stiff Bodies: Move with Purpose

Create heat, build your strength, and move with purpose! What a mantra for life! Kapalbhathi 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

Yoga for Stiff Bodies: Open the Hips

We begin by acknowledging any stiffness in our bodies, and set our intention to move wisely and with courage. The term 'hip flexor' is often described as an area of tightness. Work through this practice to better understand the kit of parts that make up the flexors: quads, adductors and psoas. Core engagement is important as we open the hip flexors, working through baby back extensions, Warrior I & II, Extended Side Angle, Dragon, Scorpion & Pigeon. Props: mat, yoga block, strap, blankets. 45 minutes

Yoga for Stiff Bodies: 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
