

## May 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: Awaken the Feet and Lift into Warriors

Our feet are our connection to the earth, the feet and ankles give 65 – 70% of the information our nervous system and brain need to help us stay upright. Once we awaken the feet, it gives fresh stability and lightness to standing poses such as Warrior I and II; a strong, dynamic practice. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

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### Yoga for Runners: Freedom to Rotate

We move in the sagittal plane (forward & backward) so much that sometimes we feel locked when we try to move in the transverse plane (rotation). Let’s free that up today! Gradually build the shared patterning of healthy twisting, starting on the mat with lower body then upper body, moving to standing and a lovely twisting sequence including thunderbird, floating twists, dragon twists and banana. Props: mat, yoga block, belt, blankets & pillows. 45 minutes

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### Yoga for Runners: Building Strength

Start in Mountain (Tadasana), a position of strength, find your connection to the earth’s energy and soak up the benefits of this heating, strengthening, exhilarating practice! Kappalabhati pranayama engages the core and 3<sup>rd</sup> chakra (visualize the colour yellow or fire in the belly). Quick Sun Salutations leading into various Warrior shapes, using the Kali Mudra, which represents our intention to overcome difficulty. Props: mat, block, belt, blanket. 45 minutes.

### **Hatha Yoga: Cross Lateral Patterning, with the 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

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### **Hatha Yoga: Resilient and Strong with Standing Balance**

We each come to the mat for our own reasons, yet a common reason is to find that strong inner connection with 'self'. Working with several pranayama including Ujjayi breathing, Nadi Shodhana and Abdominal breath help us to calm our minds and nervous systems, so that we can focus and explore our strength, resilience and ability to stand on one leg! This practice works through Happy Baby, Chair & variations, Eagle, Dolphin, Scorpion, Dragon and more, til we're ready to flow through the peak sequence, all on one leg! Props: mat, yoga block, belt, blankets & pillows. 60 minutes

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

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

### **Yoga for Stiff Bodies: Chakra 1, 2, 3, and Hips**

Our chakras represent areas of our well-being, and as we layer them into our practice, we set intentions. Intentions to become more grounded, open up our creativity, acknowledge our strength, and more. Using 'Breath of Fire' to connect from our pelvic floor to our diaphragm, awakening the hips, sacrum and everything attached. Work through external and internal rotation in the hips. Props: mat, yoga block, strap, blankets. 45 minutes

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### **Yoga for Stiff Bodies: Brahma Mudra, Unwind Your Neck**

Brahma Mudra is a traditional seated practice to explore and release tension in the front, back and sides of your neck and shoulders. Our practice today takes us through postures and sequencing to mobilize the mid and upper back, creating more space for our heart and lungs. Finish the practice feeling taller and lighter! Props: mat, block, belt, blankets. 45 minutes

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### **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

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### **Gentle Yoga: 'Open 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. Twists, side bends, scapular slides gradually work to balance things, and bring calmness to our being. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

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### **Gentle Yoga: Finding Flow**

The state of Flow was researched and named by Mihaly Csikszentmihalyi, a Hungarian/American psychologist. It's described as a highly focused mental state conducive to productivity. We often find this in our practice as we build the neural pathways of our body/mind connection, however today, we flow with the breath, with rotation, with simple sequencing between complimentary postures, and more! Sitali Pranayam is a perfect fit! Props: mat, yoga block, strap, blankets & pillows. 60 minutes

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### **Gentle Yoga: Release from the Bottom Up: Foot Therapeutics**

Our feet and ankles provide about 70% of the information our brain and nervous system needs to keep us upright, informing our proprioception. Yet most days, we stuff our feet into shoes and over time, they lose their sensitivity and agility. Work through many movement patterns with the feet and feel for yourself how that translates in to release from the bottom up! Practice includes the guidance of Ahimsa, and Sitali pranayama. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

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