

## August 2021 Video Library: YOGA

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### **Gentle Yoga: Opening the 'Heart'**

A gentle practice to open and release tension in 'heart' area: the chest, the back, the shoulders and more. And not just a physical opening as always with yoga . . . this is an opening to release emotional tension or worry, and mental tension or anxiety. 'I was wrong' blog from Giovanni Dientzmann and Metta meditation, a wonderful healing practice! Props: mat, yoga block, strap, blankets & pillows. 60 minutes

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### **Gentle Yoga: Pausing**

Practicing proprioception and interoception, taking the proverbial 'pause' to sense where you are in space, all the adjustments in your body, nervous system, mind. 'Square breath' pranayama also helps us appreciate the pause, a lesson on the mat that translates well to day to day life. Props: mat, block, strap, blanket. 60 minutes

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### **Gentle Yoga: The Intricacies of Trikonasana (Triangle)**

We often flow through Triangle Pose! Today, we break it down to the foundations, the angles, the stability and safe mobility (low back, shoulders), and find some new awareness to bring this pose to life! We are children of the earth, we belong here and can be nurtured and sustained by the earth's energy and in Trikonasana, we anchor and soar. Props: mat, yoga block, strap, blanket. 60 minutes

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### **Gentle Yoga: Thoracic Mobility**

Our thoracic spine (12 vertebra) provide the anchor for our 12 pair of ribs, a very solid yet supple structure to protect important organs like our heart, lungs, liver, stomach, kidneys. Even though it's strongly stable (attached to the spine at the back and our sternum at the front), our thoracic spine and ribs also like to move and release. Practice includes side bending, rotation, extension and many combinations. Kindness to our tension areas! Props: mat, yoga block, strap, blanket. 60 minutes

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### **Yoga for Runners: Awaken the Psoas**

Tight hips? Achy lower back? This practice might be just the one for you! Our psoas is a beautiful slender muscle that originates in the lumbar spine, wraps on a diagonal inside your pelvis and inserts into the greater trochanter of your upper leg bone. Inside the pelvis, so a little tricky to get to: when you find it once, you'll always know how to release it! You'll need to put a loop in your yoga belt (I can show you how!). Props: mat, block, belt, blanket. 60 minutes

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### **Yoga for Runners: Soar with Eagle**

Working with many pair of opposites, in this practice we find internal and external rotation to increase ease and range of motion, and to bring balance. Break down the components of Eagle (Garudasana) while lying and sitting on the mat so there's familiarity and even ease in putting them together in standing balance! Props: mat, strap, blanket, 2 blocks. 60 minutes.

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### **Yoga for Runners: Fall in Love Again, with Downward Facing Dog**

Do you remember your first Downward Dog (awkward) and then do you remember the first time you learned how to work the inversion properly (aaahhh)? Downward Dog is a pose we often flow through, included in a lot of sequences, and dare I say, we take it for granted? It is primarily a spine extensor, hamstrings are the last bit! Special bonus: Tapping from EFT to reduce anxiety. Props: a block, strap, blanket, mat. 60 minutes.

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### **Yoga for Runners: Open the Heart with Thoracic Twists**

Working with the 8 directions of movement in our spine, we focus on the thoracic area, which is firmly attached at the spine and the sternum for good reason! Yet our ribcage and all that's protected inside, likes to move too. Grow taller throughout the practice and finish feeling greater ease in your back, your sides, your chest & your heart! Props: block, strap, blanket, mat. 60 minutes.

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### **Hatha Yoga: Let's Balance! Dancer, Half Moon, Chapasana**

Courage and keeping your sense of humour are useful in this practice! We start with waking up our feet to increase proprioception, finding that dance between the big toe and the pinky. We methodically work through the shapes of Dancer, Half Moon and Chapasana: from a supine position, kneeling, and standing, to release and prepare the low back, quads, shoulders and back, and build our self confidence in the shapes, once standing on 1 foot! Access to a narrow piece of wall is helpful to workshop Half Moon. Props: mat, block, strap, blanket. 60 minutes

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### **Hatha Yoga: The Gift of Flow**

Welcome to Flow! We often do find 'flow' in our yoga practice . . . where we become so immersed, challenged, intrigued that we lose track of time. Our body, our mind, our heart, our breath, all connected and synchronized. Sitali pranayama fits well, as does the build from Cat/Cow, to Triangle & Reverse Triangle then to Half Moon, endless possibilities! Props: 1 block, strap, blanket, mat. 60 minutes

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### **Hatha Yoga: Back Body Bliss**

Our backs do so much work for us. We begin with Downward Dog and Pigeon to take stock on the back body: hamstrings, calves, glutes, low back, lats, shoulders. Sometimes this is quite a discovery! Then work through the process to bring balance with stabilizing (alignment), stretching and strengthening (back extension and engagement). Beautiful practice! Props: mat, block, strap, blanket.) 60 minutes

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### **Hatha Yoga: Spanda & Splits**

Spanda is Sanskrit for pulsing, working with opposites, bringing balance, exchange between divine and human energy, etc. We bring this concept to the mat as we work the opposites, specifically strengthening and releasing the quads and hamstrings. Work your bandhas and 4 corners! Many split stance/cross lateral shapes, including King Pigeon, Pyramid/Low Lunge, Dancer/Extended Leg and more! Nadi Shodhana pranayama bookends the practice. Props: mat, blanket, **2 blocks**, belt. 60 minutes.

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