

## December 2021 Video Library: YOGA

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### **Gentle Yoga: Heart Opening**

Open your heart with Pavrotti, Forward Folds, Cat/Cow, Supine Twists and many more movement patterns! Expansion and contraction with the breath heighten our awareness of the nurturing and cleansing of our heart and lungs. As always, the theme and sequencing of our physical practices translates well to our emotional, mental and spiritual sides too!

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

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### **Gentle Yoga: Spanda! The Give and Take to Bring Balance**

We often work the opposites in our practice: yin/yang, strength/flexibility, front to back, etc. In Sanskrit, there's a word for this: Spanda. The give and take to bring balance. We may think we don't want to be at the opposite ends, but rather, right in the middle. I think that's an illusion, and it is the give and take, and how we deal with the opposites that brings our vibrancy. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

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### **Gentle Yoga: Carefully Release Your Hips**

Our hips can become tight from lots of exercise or from the opposite: sitting too much and moving too little. Work carefully and methodically through a series of positions to gently open the hips: in the hip flexors at the front and inner thighs, glutes, hams and IT Bands, and also releasing your psoas. Props: mat, yoga block, yoga belt (add a loop), blanket. 60 minutes

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### **Gentle Yoga: Opening the Sides and Ribs**

This practice landed on Remembrance Day, and it beautifully lent itself to our appreciation for the sacrifice and conflict that now gives us a peaceful life. We open the heart and ribs physically with thoracic twists, guiding with our hands. We practice Metta at 11am, sending our heart-felt goodwill to all in the world in this changing time. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

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## **Yoga for Runners: Balance with Cross Lateral**

Taking a subsection from the theme of Balance, we draw our awareness, connections and vibration to cross lateral patterning. Using the right side of the brain and nervous system to manage the left side of the body, and vice versa really brightens our minds and electrical connections. Tree to Extended Leg to Warrior I and Revolved. Nadi Shodhana brightens our brain and our energy up and down the chakra system. This brings us to the sweetest part of balance, the calm and peace of connection in body, mind and heart!

Props: mat, yoga block, strap, blanket. 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 mindful, 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: Dancer, Ardha Chandrasana, Chapasana**

What do these posture names really mean? Hip openers, standing balance, courage! Begin by building heat and awareness, working with Apana (connection downward with the earth) and Prana (connection upward to the heavens). Each of these are split stance, helping us to manage our low back alignment well. Chapasana is a combo of Dancer (linear hip stretch) and Half Moon (external rotation of the hip), all of which require us to glue one foot to the mat in standing balance! Props: mat, yoga block, strap, blanket. 60 minutes.

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## **Yoga for Runners: Open Your Heart and Sides**

Begin by exploring your sides, standing: ribs, hips, IT Bands. Take stock. Then recline over 2 blocks (or other props) to open the heart and sides. Props bring such awareness to areas of tightness, and as we adjust to them, they cue release. Work through Gate, Wide Stance DWD, Abducted Needle, Frog, Pyramid, Revolved Trik, Eagle and Mountain. Props: mat, yoga block, strap, blanket. 60 minutes

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### **Hatha Yoga: 360°, Stability before Mobility**

Taking a slightly slower approach to practice today, so we can find the kit of parts to find our stability – our glue on the mat – before our mobility! Work with the synergistic relationships in our muscles, such as glutes and inner thighs contracting to stabilize. Our sequencing builds toward a more stable yet vibrant Triangle, Pyramid, Warrior II, and Extended Side Angle. Props: mat, yoga block, belt, blanket. 60 minutes

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### **Hatha Yoga: Awaken the Psoas and Inner Core**

Working with a loop in the belt, we gradually find, stimulate and awaken this inner pelvic muscle (which can become tight with too much sitting or too much exercise). Releasing the psoas is an act of kindness for your back too! Awakening and lengthening the psoas gives us heightened awareness, stability and strength in our Warrior I, King Pigeon, Dragon Props: mat, yoga block, belt with a loop, blankets & pillows. 60 minutes

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### **Hatha Yoga: Inner and Outer Strength, Ganesha**

BKS Iyengar said ‘A strong body leads to a strong mind’, so join us today as we build our inner and outer strength! We start with a simple mantra to Ganesha who is said to be the opener of doors, the remover of obstacles, especially helpful with new beginnings. Om Gum Ganapatye Namaha. Using several ‘strong’ pranayamas including Kappalabhati and Abdominal breathing, and engaging the bandha’s throughout, build your strength to create fire, transformation and vibrancy. Props: mat, yoga block, belt with a loop, blankets & pillows. 60 minutes

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### **Hatha Yoga: Thoracic Twists: Supine, Seated, Kneeling, Standing and Floating**

Many of us are living with uncomfortable tightness in our mid/upper back which this practice reveals, and then creates a wonderful release. Our thoracic spine has 12 vertebra, each with a pair of ribs firmly attached, protecting important organs. As such, it’s a stable structure, yet our ribcage loves to move too! Find rotation, side bending, flexion, extension and more with Needle, Mariachy, Chair, Goddess, Warrior I Revolved, Extended Side Angle, Revolved Triangle and more. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

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