

July 2021 Video Library: YOGA

Gentle Yoga: Ahimsa, Hips & Shoulders

A gentle practice to open and release tension in our hips and shoulders! Always moving at your own pace and with your own wisdom as to what's best in your body. Layer on the concept from Yoga Philosophy of Ahimsa (the first Yama) which means Non-Harming: with our actions, with our words, with our intentions and thoughts – quite profound actually! Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Gentle Yoga: Cross Lateral Patterning

Cross lateral patterning is something we learn as babies when we figure out how to crawl! And we keep learning and integrating our entire lives, keeping our musculoskeletal system, nervous system and brains vibrant! Add Nadi Shodhana pranayama to help balance out the sides for a truly calming, balancing practice. Props: mat, block, strap, blanket. 60 minutes

Gentle Yoga: The Winds of Apana and Prana

In yogic philosophy, we have 5 Vayu's or 'winds': directions of energetic movement. In this practice, we explore 2 opposites which fulfill each other: Apana (life force, up and out energy) and Prana (grounding, down and out energy). Connecting us to heaven's blessings and earth's stability. Props: mat, yoga block with a loop, strap, blanket, and a chair might be handy. 60 minutes

Yoga for Runners: Interoception, Dancer and Extended Leg Pose

Get ready to close your eyes and find your center in standing postures! Becoming aware of our bodies in space through proprioception, and then interoception (eyes closed) aids us with balance, agility, and confidence. Prep through the practice so you can move with grace into Dancer and Extended Leg poses . . . it's a practice! Props: mat, block, strap, blanket. 60 minutes

Yoga for Runners: Water, Flow, Bliss

Two thoughts as we begin this practice: the qualities of water (fluid, malleable, powerful or gentle, cool), and where you find a state of Flow in your life (physically, your work, your hobbies, fitness, creatively). Let this guide your movements from one posture to the next, coordinating with the coherent breath and connecting your nervous system, mind and body to Flow and little bits of Joy! Sitali Pranayama works beautifully here! Props: mat, strap, blanket, block. 60 minutes.

Yoga for Runners: Warriors There & Back

Begin with a seated Ujjayi breath practice to ‘come to the mat’! So good to get into your body, release the busy mind and become grounded. The 3 Warrior postures are familiar friends, all hip openers and strength builders . . . wonderful! Workshop Warrior III briefly with the help of a wall or door! We work our way through a long sequence on one side, and then back through the other side . . . twice! Props: a block, strap, blanket, mat. 60 minutes.

Yoga for Runners: Hanuman, Protector and Champion

Welcome to opening the hips, the hamstrings, while protecting your lower back and truly engaging your inner core! We start with a square breath and convert that into a circular breath . . . curious! Tip: Hanuman is also called splits, although we do this with 2 blocks and lots of permission to modify! Such a satisfying hip opening practice! Props: 2 blocks, strap, blanket, mat. 60 minutes.

Hatha Yoga: Explore & Release Your Back Body

Starting with a Downward Dog at the wall, we begin the process of acknowledging our entire back body: from the soles of our feet, up through our calves & hamstrings, glutes, low back, mid back, shoulders and neck. Pigeon pose is our benchmark and it’s remarkable to see our adaptation. Props: mat, block, strap, blanket. 60 minutes

Hatha Yoga: Working Opposites, Eagle & Half Moon

When we ‘work the opposites’, we discover limits and joy, more opposites! Specifically in this practice, we’re working with internal and external rotation in the hips and shoulder, which creates a wonderful release by the end when we float from Eagle into Half Moon! Props: 2 blocks, strap, blanket, mat. 60 minutes

Hatha Yoga: Psoas

Finding our inner core to engage our psoas, a beautiful long muscle inside the pelvis that aids in flexion. Because it's inside the pelvis, this muscle which works so hard, it's a little hidden when we're working on flexibility. Oh so wonderful when we find it, and gradually get it to release! Our hips (and psoas) are said to carry deep emotions of anger, resentment, and vulnerability. Releasing the psoas physically can help us let go of old baggage! Props: mat, block, strap, blanket. A lovely finish with Legs Up the Wall (Viparita Karani). 60 minutes

Hatha Yoga: Heart and Metta

The area of our heart is very well protected, for good reason! Yet it also can hold tension, anxiety and sadness. This practice works progressively to discover and release the physical tension in the front, sides and back of the heart, which can also translate to release of emotional tension. Back extensions, forward flexion, side bending and twisting . . . all lovely to shed tension and feel joy in your heart! Finish with a Metta meditation. Props: mat, blanket or towel, 1 block, yoga belt. 60 minutes

Meditation: Higher Vibration, 6 Bridges

When we connect to our higher vibration, we are more attuned to our essential being, and the world around us. We are anchored and vibrant at the same time! Welcome to practices to bring us to our optimal state. In this meditation sit, we work with Ohm, Coherent Breathing, a 6-Phase Meditation, and explore the Six Bridges which starts with your diaphragm. 60 minutes.