

June 2021 Video Library: YOGA & MEDITATION

Gentle Yoga: Yin & Yang, Coherent Breathing

A gentle practice working with a concept developed by Stephen Elliot: Coherent Breath. Practicing interoception, we focus on diaphragmatic breath (as opposed to thoracic or abdominal). This in turn improves our Respiratory Sinus Arrhythmia (heart rate increase on inhale, and decrease on exhale), stimulates our Parasympathetic NS, and integrates with our brainwaves (esp Alpha). Using 2 Bells sounding to guide the breath. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Gentle Yoga: Release the Back Body

Our posterior chain (the back of the body from the soles of the feet to the back of your skull) is constantly on, working hard to keep us upright and aligned. Join this practice to release your back body, stimulating circulation and relieving tight 'bits'! Props: mat, block, strap, blanket. 60 minutes

Gentle Yoga: Turtle and Isometrics

Beginning the practice in Child's pose, we visualize ourselves as a turtle, tucking in our arms and legs, our tail and our head, being very comfortable inside our shell, safe and peaceful, taking stock on our internal world. From there, we're ready to expand and explore, releasing tension deep in our joints with isometric stretching and movement. Props: mat, yoga block with a loop, strap, blanket. 60 minutes

Yoga for Runners: Yin at the Wall

Starting in Viparita Karani (legs up the wall) to use the wall as a frame of reference and to assist circulation! Yin Yoga is a slower practice where we get into some deep holds, for time, with lots of propping to protect the joints. Using the wall for standing practice also gives us great feedback for alignment, you'll experience Revolved Triangle like never before! You'll need access to a wall (about the length of your mat). Props: mat, block, strap, blanket. 60 minutes

Yoga for Runners: Going Further with the Warriors

Whether you're a yoga newbie or an experienced yogi, we can always learn more each time we practice! The 3 warriors are staples of a Hatha practice and especially beneficial for runners, cyclists or anyone with tight hips. In this practice we methodically work through hip and hamstring openers with isometrics, as prep for the standing warriors. You will need a **narrow piece of wall** to build alignment and confidence in Warrior III, and then we move into a longer 'peak' sequence to weave the warriors together with Chair, Scorpion, Goddess and more. Props: mat, strap, blanket, block. 60 minutes.

Yoga for Runners: Build Ease with Thoracic Mobility (Twists!)

Welcome to Work and Play! The Work is to find our stability by setting foundations properly, understand solid alignment. The Play is then to tap into our creativity, explore mobility and the journey through transitions! Many of us carry tension and unease in our mid back, sides and upper back, neck. With a focus on thoracic mobilization (side bends, twists and combos), we can release that tension and find ease again! Props: a block, strap, blanket, mat. 60 minutes.

Hatha Yoga: Discover Your Strength, 3rd Chakra

Practicing within the framework of our 3rd chakra, we mindfully explore our strengths, our ability to take initiative and make good decisions, moving obstacles. When this chakra is not balanced, we may feel inadequate or stuck, be dealing with stress and anxiety. Welcome to a single sided practice to build our strength: physically, mentally, emotionally, and to build optimism! Props: mat, block, strap, blanket. 60 minutes

Hatha Yoga: Flow & Water

Connecting the energies from Earth to Heaven, we flow through this practice to immerse ourselves in the moment, linking breath to movement, and thinking about the element of water. Water is fluid, adaptable, and life-giving, and as we explore familiar postures and sequences with curiosity, we find nuance and take our practice deeper. Props: 2 blocks, strap, blanket, mat. 60 minutes

Hatha Yoga: Hanumanasana & Interoception

Proprioception is how we know to stay upright, to understand our relationship to space. Interoception is its sister, same idea yet WITHOUT the use of sight. With interoception, we become much more sensitive and in tune to our bodies: physically, mentally, emotionally.

Combine this to a strong practice opening the front and back of our legs and hips, including Extended Leg Pose and Dancer, leading up to Hanumanasana. Props: mat, block, strap, blanket. 60 minutes

Hatha Yoga: 360 Degrees, Sides & Twists

Setting our foundations with 4 corners, working to find stability before mobility and then exploring all 360 degrees with lateral movement and rotation! With strong foundations and true core integration, we can move with grace and strength into 'sun' postures, adding extension into both sides, brightening our minds and hearts. Props: mat, 2 blocks, yoga belt. 60 minutes

Chair Yoga: Sun, Moon & Twists

Welcome to Chair Yoga! We start our practice today with some postural basics while sitting in a chair (no slumping!). Ahimsa is offered as a reminder to go slowly, be patient and follow your wisdom. We use a Sun Breath to build heat, then find more ease in our backs, sides, chest and shoulders using rotation movements, and finish with a Moon Breath to calm. 40 minutes.

Meditation: Flow and Moving into Alpha

Finding Flow and moving into Alpha are familiar practices that bear repeating. Each time we practice, it's a little like muscle memory, for our body, mind, heart and psyche. We share an excerpt from 'Live and Dare' on our Meditation Super Powers: Zoom in, Zoom out, Pause and Channel Change. Using the Silva 'Mental Screen' technique, we visualize things that flow. The practice ends with a calming yet gently stimulating guided meditation: 26 lights. 60 minutes.