

May 2021 Video Library: YOGA & MEDITATION

Gentle Yoga: Awakening, Tapping, Restorative Yoga

A gentle practice to explore interoception (listening 'inward'), simple breathing, slow mindful movement. We begin with a technique from EFT, Tapping. This stimulates the meridians, creating clearer connections for our electrical circuitry, calms the mind and reduces our levels of cortisol. We spend the last 20 minutes with Restorative Yoga using lots of props. Breathe out! Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Gentle Yoga: Opening the Stabilizers, Meridians

Description:

We tend to be quite aware of areas in our front bodies (hips?) and back bodies (low back, neck?), yet there are other areas working hard too . . . our sides, our stabilizers! As we work to become more aware, in tune and release our stabilizers, let that be a metaphor for life, being open to possibilities, paying attention to the quieter messages. Props: mat, block, strap, blanket. 60 minutes

Gentle Yoga: Ahimsa & Hip Openers

Description:

Ahimsa is a foundational principle from Hatha Yoga (the first of the 5 Yamas), and it simply means 'non-harming'. However, like most 'simple' thoughts, there's a lot more to this! Non-harming in our deeds might seem obvious on a Gentle Yoga mat. Take this thought further to non-harming with your words thoughts, & reactions. A valuable remind to nurture and listen as we open the hips and lower back. Props: mat, yoga block with a loop, strap, blanket. 60 minutes

Yoga for Runners: Opening the Heart

Description:

Welcome to a wonderful, needed practice to open the heart: physically, mentally & emotionally! The area of the heart is multi-faceted, and well protected with our ribs. They like to move too even though they're firmly attached to our spine and sternum! Twists, flexion/extension, lateral side bending in supine and prone positions, kneeling, standing and balancing all serve to 'free the heart'! Props: mat, yoga block, strap, blanket. 60 minute

Yoga for Runners: Length with Trikonasana

Description:

Each time we come to the mat, if we adopt a beginners mind, we can learn! Little 'ahha's' or light-bulb moments are always within reach! Finding more ease in a favourite pose we often flow through . . . Triangle Pose or 'Trikonasana' . . . to create more length through our hamstrings, our sides, our backs & chest, and more. Fine tuning our alignment understanding as well to ensure we protect the SI joints. Props: mat, strap, blanket, block. 60 minutes.

Yoga for Runners: Grounding with the Back Body

Description:

Our backs can be the unsung hero in our body, constantly working to keep us upright. In this practice we focus completely on engaging, strengthening, releasing our backs: soles of the feet, calves & hamstrings, glutes, low back, mid & upper back and our neck. Benchmarked with Downward Facing Dog at the wall, and Pigeon pose, to appreciate the benefits of practice! Props: a block, strap, blanket, mat & brief access to a wall. 60 minutes.

Hatha Yoga: Release the Psoas

Description:

Our iliopsoas is strong musculature that connects many of our lower vertebra through to the inside of the pelvis and inserts into our femur bone, and it's responsible mostly for flexion in the hips. Because it's inside the pelvis, a little more challenging to awaken and release, and many of us can sense our tight psoas with achy hips and lower back. Through breath work, core awareness and movement patterns including internal & external rotation, extension and flexion, we can isolate, stimulate and release! Props: block, strap with a loop, blanket. 60 minutes

Hatha Yoga: Revolved Half Moon

Description:

We become familiar and eventually comfortable with the standing balance pose: Half Moon! You might think Revolved Half Moon is simply adding a twist, but it's so much more! This practice takes us through a dance of opening up the sides, through side bends and twists, gaining awareness of finer points of form so when we find ourselves in Half Moon, we know how to adjust our hips, our ribs, our shoulders and our gaze. Props: 2 blocks, strap, blanket, mat & brief access to a wall. 60 minutes

Hatha Yoga: Cross Lateral

Description:

Cross lateral patterning is one of those things we take for granted, as we do it all the time. Yet focusing on the diagonal connections from our right brain to left side of the body and vice versa, can have a profoundly brightening effect! The good news: our body, brain and nervous system are up for learning and adapting our entire life. Icing on the cake: nadi shodhana pranayama!

Props: mat, block, strap, blanket. 60 minutes

Hatha Yoga: Core, Chaturanga, Dolphin

Description:

Many of us carry a lot of tension in our mid and upper backs, which often serves to shorten the chest and close ourselves up. In this practice, we gradually sequence through supine to seated to kneeling and standing postures to find more balance in terms of flexibility and range of motion, as well as stability and strength. Workshop focus on Chaturanga, often a love/hate pose until we understand the mechanics better! Props: your mat, 2 blocks, yoga belt. 60 minutes

Chair Yoga: Opening the Heart

Description:

Welcome to Chair Yoga, incorporating almost all of our usual Hatha Yoga practices while sitting on a chair! In this practice, we set the tone with the perspective of letting go of always being Right, allowing ourselves to be human and learn from our mistakes and grow, rather than punish ourselves and shrink. From there, we moved through simple movement progressions to awaken the shoulders, back, chest and core, always moving with our breath and staying gently present. Props: 2 yoga blocks or books, a sturdy chair on a yoga mat. 40 minutes

Meditation: The Mind Calming the Mind

Description:

“When we live with intent, we own our actions; instead of habitually performing them.”

DAILY OM

In this practice, we focus on stepping away from multi-tasking with a healthy dose of intention! We use the phrase ‘I am aware . . . ’ to stay present and shift us toward peacefulness. “I am aware I’m sitting, I am aware I’m breathing, I am aware . . . “ As we acknowledge what we’re doing moment by moment, we become more alive to our bodies, our minds and our presence, owning our actions rather than simply performing them. We incorporate Gathas from Thich Nhat Hanh, MBSR scans, the Big Mind Technique from NLP, and a deeply relaxing guided meditation with Yoga Nidra and the Koshas. 60 minutes