

November 2021 Video Library: YOGA

Gentle Yoga: Nurture Your Back

Our backs work silently and diligently all the time for us, keeping us upright and functioning well! Sometimes we take our back for granted, and so this practice focusses on all the layers of the back, good alignment and functional movement patterns. We remind ourselves of the anatomical structure of our spine and work on healthy movement in its 8 directions. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

Gentle Yoga: Awaken and Release the Hips

Our hips are at the fulcrum of our upper body and our lower body, and as such, are key to our strength, mobility and stability. No one movement pattern will build strength, and/or flexibility, rather, it's a sequence for exploring all the ranges of motion in the hips: flexion, extension, adduction, abduction, rotation, compression and decompression. Sounds technical, yet it's a very beautiful, relaxing and satisfying practice together! Finish with Legs Up the Wall. Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

Gentle Yoga: Focus on the Opposites

The give and take of opposites are always layered into our yoga, however today, we'll bring that awareness to the forefront! Experience Prana Vayu: the lifting and expansion of energy up and out, our life force vibrant. Compare to the experience of Apana Vayu: the downward connection to the earth's grounding energy, feeling stable and loved. Like Yin and Yang, the two complete each other. Complete the practice feeling balanced physically, mentally, emotionally! Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

Gentle Yoga: Finding Balance with Cross Lateral Patterning

Brightening our nervous system and brains, as well as connecting our 'diagonals' through our musculoskeletal system with our awareness of 'cross lateral patterning'! This is happening all the time in our bodies and movement patterns without our active awareness: in this practice we seek out these connections, reinforcing the healthy. Nadi Shodhana bookends the practice. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Yoga for Runners: Hanumanasana

“A strong body leads to a strong mind. And flexibility in the body leads to flexibility in the mind and heart.” BKS Iyengar

Working systematically through strengthening and stretching, we can see, even in just one hour, our bodies adapt! A standing quad stretch and forward fold benchmark the practice. Working toward Extended Leg pose and Dancer pose to prepare our hips and hams for Hanumanasana. Hanuman was the ‘monkey god’ in Hindu tradition, known to be very loyal, strong, heroic and a symbol of nationalism. He could also leap great distances (island to island), hence the name for this pose which is a yoga ‘splits’! Props: mat, 2 yoga blocks, strap, blankets & pillows. 60 minutes

Yoga for Runners: Fine Tune Triangle and Half Moon

Practice awakening, strengthening and aligning your sides! Working to gain a better understanding of the finer details of two popular (thus maybe taken for granted?) postures of Trikonasana (Triangle pose) and Ardha Chandrasana (Half Moon). Maintain length in your sides as you brace with your inner core, moving through Triangle, Warrior II, Extended Side Angle and Half Moon. Joy! Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Yoga for Runners: Standing Balance!

Sometimes, we think we have to get to that perfect centre between 2 opposites and not move, to find balance. It’s an illusion! There’s always play, give and take, as our bodies and nervous system adjust. And this is a little bit like life, always working toward the middle ground, yet giving ourselves permission to wobble! Recognizing the synergistic relationships between opposite muscle groups, ie quads contract while hamstrings are lengthening. Props: mat, yoga block, strap with a loop in it, blankets & pillows. 60 minutes.

Yoga for Runners: Soar with Eagle

Begin with a breathing meditation to explore the sides of Square Breath, bringing our awareness to our sides with internal and external rotation. Special focus on releasing the adductors (inner thighs) and IT Band, working through sequencing including Pigeon, Banana, Shoelace and finally, Eagle. Props: mat, yoga block, strap, blankets & pillows. 60 minutes

Hatha Yoga: Flow with Figure 8

We can find the state of Flow in many different activities, including creative endeavors, our work, hobbies, sport, and more, and most often, we find it in our yoga! We bookend our practice with Sitali Breath, incorporate the flowing pattern of the figure 8 throughout to accentuate the flow. 'Moving through water' (flow, creativity, water are all associated with the 2nd chakra which we're balancing with this practice) with a standing Triangle sequence followed by a Warrior II sequence. Dreamy! Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Hatha Yoga: Warriors @ the Wall

Our focus in this practice is to release the hips, and what better to do so than working with the Warriors! We begin by exploring a few key movement patterns, checking in, and then build some heat with Kappalabhati pranayama, firing up the inner hips (aka psoas). We first find the shape of the three warriors reclining on our mat, using a block and strap. Managing the low back, work through sequencing including Camel, Dragon balance, Chair, Tree, WI, WII and WIII, then Goddess and Frog. Workshop these amazing hip openers by using the wall. Props: access to a wall, mat, yoga block, belt, blankets & pillows. 60 minutes

Hatha Yoga: Awaken the Psoas

The Psoas muscle is often referred to as the 'seat of the soul' as it's said we carry deep emotionally-charged memories and experiences there. Work through the physical aspects of this practice to perhaps, release some of those deep things that you don't need to hold onto anymore! 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! Props: mat, yoga block, belt with a loop, blankets & pillows. 60 minutes

Hatha Yoga: Let Downward Dog Release the Entire Back Body

We often flow through Downward Facing Dog as a transition posture, spending just enough time in it to get that hamstring stretch! Actually, straightening the knees is the last piece to work on with DWD as its primary function as an inversion is to decompress the spine. Practice Dolphin, Forward Fold, Chair, Tree, Pyramid and more. Work through this practice to fall in love with DWD again and leave feeling taller! Props: mat, yoga block, belt, blankets & pillows. 60 minutes
