

September 2021 Video Library: YOGA

Gentle Yoga: Awaken the Sides, 360°

We have 3 planes of motion in our bodies: Sagittal (forward/backward), Frontal (sides) and Transverse (rotation). Quite often in our practices we address the front and the back as they do a lot of work, however in this gentle practice, we'll carefully explore our side bodies with rotations and lateral movement. Imagine yourself growing taller! Props: mat, yoga block, yoga belt, blankets & pillows. 60 minutes

Gentle Yoga: Back Therapy, Ahhh

Our back bodies are silently working away for us, keeping us upright and moving well. Add our modern tendency to slump and look down, and our backs work double time. We begin this practice with awakening the feet (soles of the feet are considered part of our back body), and work our way up to our glutes, then align our upper back and balance our head. It already feels better! Props: quick access to a wall, door or bookcase, mat, block, yoga belt, blanket. 60 minutes

Gentle Yoga: Coherent Breath and Calming

'Coherent Breath' has been coined by Stephen Elliot (coherentbreath.org) who has studied, researched and practiced this for over 20 years. It is a simple and profound practice, working the opposites. Within just a few coherent breaths, we can draw the heart rate down, calm the nervous system, still the mind. A key to this is using the diaphragm muscle well. Please join me! Props: mat, yoga block, yoga belt, blanket. 60 minutes

Gentle Yoga: Internal & External Rotation for Balance

Beginning with a Prayer Before Practice from Seane Corn . . . 'may this practice be blessed as we connect deeply and find moments of peace!'. We'll work with beautiful opposites that complete each other in this practice, beginning with the yin and yang of the inhale and exhale. The legend of Shakti (divine feminine) who creates and nurtures all, says that when Shakti breathes out (oxygen), we breath in. When she breathes in (carbon dioxide), we breath out. Internal and external rotation are the physical focus of this practice. Props: mat, yoga block, yoga belt, blanket. 60 minutes

Yoga for Runners: Open with Dancer!

Our hip flexors tighten with sitting, with running and most other exercises, so this practice works to release tension and increase range of motion in our hips, while protecting the low back. Start in Chair to increase blood flow to the quads, then break down the components of Dancer (Nataraja). Opening up our front body with Dancer, Half Moon, and Chandrasana leaves us feeling more open, taller and confident! Props: mat, 2 blocks, yoga belt, blanket. 60 minutes

Yoga for Runners: Enliven the Back Body

Our backs do so much to stabilize us and keep us upright. Add to that all the forward flexion of sitting and looking at our devices, which strains the back. Ahh, come to the mat to release the tension, strengthen with alignment and enliven your back! Special care to protect the low back as we gain mobility in the mid and upper. Pigeon is our benchmark pose and a wonderful marker for the effects of the practice. Props: mat, yoga belt, blanket, 2 blocks. 60 minutes.

Yoga for Runners: Synergy and Length

Beginning with a Forward Fold and stretching our calves with a foot on a block, we start the process of creating length. Working the opposites to create synergistic length up, sharing the process from the soles of the feet to the back of the head. Peak sequence works through 1 Leg Chair, Tree, Extended Leg, Triangle (Trikonasana), Reverse Trik, Pyramid and Revolved Trik. Benchmark the forward fold for a satisfying response! Props: a block, yoga belt, blanket, mat. 60 minutes.

Yoga for Runners: Warriors, as if For the First Time

Come to practice with a Beginners Mind! Warriors mean Technique, Strength and Confidence. We flow through the 3 Warriors in just about every practice, yet there's always something more to discover. Begin supine and find the shape of each Warrior, then kneeling low to the mat, and finally into the standing series. Frog pose creates even more space for the final peak sequence: Chair, DWD, Scorpion, WI, WIII, WII, Goddess . . . and return on the other side! Grateful finish with Legs Up the Wall! Props: block, yoga belt, blanket, mat, access to a wall. 60 minutes.

Hatha Yoga: Downward Facing Dog, A Kit of Parts

Downward Dog (DWD) is a posture we often flow through, briefly enjoying a back and hamstring stretch! Yet for many, it's not completely comfortable: feels like a lot of upper body work, wrists complaining, arms shaking. Let's break this enlivening posture down into its kit of parts: setting foundations to release pressure on wrists, finding inner & outer rotation in the arms, stabilizing while lengthening our entire back body, draw front ribs in to bring length and ease in the low back, and yes, work that delicious hamstring stretch! Finish with Viparita Karani (Legs Up the Wall) to bless the practice. Props: mat, block, yoga belt, blanket, access to a wall. 60 minutes

Hatha Yoga: Eagle & Half Moon, 2 Opposites that Complete Each Other

We often work through opposites in our practice, because they attract and complete each other. Exploring our range of motion with the give and take of working internal and external rotation today, sets us up with more confidence, strength and stability to explore these two empowering single leg balance postures: Eagle (Garudasana) and Half Moon (Ardha Chandrasana). Props: 1 block, yoga belt, blanket, mat. 60 minutes

Hatha Yoga: Awaken & Release Your Psoas

Awaken, and then Release! Many of us have tight hips – and specifically tight Psoas' – whether from sitting a lot or from exercise, or both! The Psoas (or Iliopsoas) is a slender muscle that originates in the lumbar spine, wraps inside our pelvis and connects to the greater trochanter of femur. Thus it's inside our skeletal frame, a little harder to get at than external muscles. Explore your psoas through Kappalabhati pranayama, isometric contraction and rotation, deep core engagement and Warrior I, Dragon, Pigeon, Happy Baby and more. Props: mat, block, yoga belt with a loop, blanket, access to a wall. 60 minutes

Hatha Yoga: Expand Your Heart

We start with an anatomical drawing of our beautiful rib cage: 12 pair of 'accordion' bones, firmly attached to our spine and our sternum. They are sturdy, protecting important organs, yet like all parts of our being, they like to move! Aware of 3 planes of movement, in this practice we expand and work our transverse range of motion (= twists and side bends). Banana, Starfish, Eagle, Crescent, Shoelace, Gate, Pyramid, Warrior II, Triangle are all woven together to enable expansion and brightness in our heart! Props: mat, blanket, block, yoga belt. 60 minutes.
