

July 2024 Video Library: YOGA

“Welcome to practice! For whatever reason you’re here today, honour that. It may be something physical like the need to stretch, or the need to calm yourself, or just to unplug from the day. As always, we know that there’s a whole lot more that comes with practice, mentally, emotionally, energetically and spiritually. Let it in!”

Sandy

Yoga for Runners: Eagle vs Half Moon

The ultimate expansion and contraction or Yin/Yang: Eagle with intense internal rotation during single side balance versus Half Moon with wide external rotation, also during single side balance. We find versions of these supine on the mat, kneeling, standing and finally with full balance, building muscle memory and confidence! Opposites include Frog,/Shoelace, Pigeon/Dragon, Goddess/Internal Shoulder Rolls, Eagle/Halfmoon. Props: mat, yoga block, strap, blanket, also have access to a wall. 60 minutes

Yoga for Runners: Release the Psoas with Archer

Come to this practice to release your hips and shoulders! Using a loop in our belt (I’ll show you how!), we work through an iterative process to find, stimulate and release our psoas muscle, part of our hip flexors that connects our lumbar spine through our pelvis to our upper leg bone. Archer pose is a wonderful variation of Warrior II. Props: mat, 2 blocks, belt with a loop, blanket. 45 minutes.

Yoga for Runners: Yin for Hips, Hooray

Our hips are at the fulcrum of our body, so no wonder they need to be strong and balanced. (We sure know it when they aren’t.) Finding stability and moving with wisdom (1st and 6th chakras), we also practice a PSNS (Parasympathetic Nervous System) pranayama. After a warm-up of sequences, we spend some time in Yin Yoga: longer supported holds of Dragon, Pigeon (called Sleeping Swan in Yin), Hanuman and Forward Fold. Props: mat, block, belt, blanket. 45 minutes.

Hatha Yoga: Loving Your Back with Length and Strength

Often these days our backs are tired or sore, or even strained, through all of our sitting, leaning into zoom calls and the rest! Working through proper alignment and core engagement, strengthening with back extensions like locust, cobra, up dog. Dolphin, bird dog, scorpion, and pigeon work well together. Goddess squat to Warrior I then Warrior III, working the yin/yang of strength and flex. Layer in the Kundalini mantra of Sa-Ta-Na-Ma which represents the cycles of our life with infinite possibilities! Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Hatha Yoga: Balancing Yin & Yang

We have many opposites in play in our lives, our bodies, our minds! We begin this practice with exploring proprioception versus interoception, and with the thought guidance of Sthira (Sanskrit for effort, strength, intensity) and Sukha (Sanskrit for ease, sweetness, nurturing). Work through the physical practice including runners lunge, pyramid, chair, warriors and more, and see how this unfolds in other layers of your being! Props: mat, yoga block, belt, blanket. 60 minutes

Hatha Yoga: The Gift of Cross Lateral Patterning

While we move with cross lateral patterning ALL THE TIME in our day to day lives, we're mostly unaware of the profound benefits to our musculoskeletal system, proprioception, nervous system and indeed, our brain. Cued with the extremities of our feet and hands, find the X corridors through our being. Discover a sense of flossing as we move through seated twists, cows face, king pigeon, warriors, tree and extended leg pose. Bookend the practice with Nadi Shodhana. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Yoga for Stiff Bodies: Creating Space

Our theme today is to 'create space' (finding length or releasing tension), and we know anecdotally that when we create space, we just feel better all over! We use Child's Pose as our opening and closing benchmark, as well as breathing deeply, rhythmically and well. When we practice this, our whole body lights up: muscles, joints, digestion, nervous system and our mind! Props: mat, yoga block, yoga belt (add a loop), blanket. 60 minutes

Yoga for Stiff Bodies: Building Strength

As we explore and build our strength, layer in our awareness of our 3rd chakra, our area of our will, self-determination, problem-solving and moving obstacles. We begin with Kappalabhati pranayam to build heat and focus our strength, and bookend the practice with Sitali pranayam to cool off the heat, calm the mind, nervous system and the heart. Incorporate Keepana mudra as we work through Pigeon, planks, Dragon bind, Warrior II and III. Props: mat, access to a wall, block, yoga belt with a loop, blanket. 45 minutes

Yoga for Stiff Bodies: Warriors and Happy Baby!

There are 3 Warrior shapes in Hatha Yoga with many variations. They're wonderful! They help us with our strength, balance, flexibility, focus and confidence. And above all, they are hip openers (who doesn't need that?). Ujjayi pranayama works well with this practice! Props: mat, block, yoga belt, blankets, pillows. 45 minutes

Gentle Yoga: Release the Usual Suspects!

Join me on the mat for a slow, iterative practice where we gently unpeel the layers of tension we may have leading into the hips and shoulders. Work with the yoga belt to release all the sides of the legs, find your psoas, untangle your tight back and shoulders, and let go of inner tensions too. Props: mat, yoga block, strap, blanket. 60 minutes

Gentle Yoga: Open the Hips

When you read 'Open the Hips', you may think 'okay, lots of stretching'! However, it's a dance between flexibility and strength, connecting with the synergistic relationship between front and back, left and right. Work through a gentle supine sequence to open the hip flexors, inner thighs, quads, glutes and IT band. We use Isometric stretching to cue the muscle fibres into giving more length safely. Props: mat, yoga block, belt, blankets & pillows. 60 minutes

Gentle Yoga: Thoracic Rotation

Many of us carry stiffness, tension and even pain in our mid-upper back, shoulders and neck. One marvelous way to relieve this is to work through thoracic rotation. We have 12 vertebrae in our thoracic spine, and 12 pair of ribs attached . . . there's the stability. Within the range of stability, they love to move and especially, to twist! In this Gentle practice, move through supine, then kneeling, then standing lateral movement and twists, so juicy and so good! Props: mat, yoga block, strap, blanket. 60 minutes
