

• 94 mins

5m 1. Reclining Bound Angle Pose

Lets start in Reclining Bound Angle Pose (Supta Baddha Konasana). Butterfly pose, lie flat on your mat. Bring both feet flat to the ground keeping both knees bent. Inhale, bring the soles of the feet together and exhale lower knees to the floor or onto block for more support. Hands can be at your side or on your stomach. This pose is great for opening up the hips and relieving lower back ache. While here let us begin our practice by centering our awareness on the breath. With each inhale, let us draw in clarity and light, and with each exhale, release any tension or distraction. Begin to notice the rise and fall of chest & abdomen. Maybe place one hand on your chest and the other on your stomach. As we move through today's practice let the breath be your guide, flowing effortlessly like a river, anchoring us in the present moment and uniting body, mind, and spirit in harmony. Let us journey inward, where the true essence of yoga resides, and let our breath be the sacred thread that connects



to our innermost selves. Lets take a deep breath in, and release. Another one like that. Now take a deep breath in and hold slowly. And if you'd like to create any heat in our practice today you can seal your lips and come to your Ojé breath. Breathing in through your nostrils and exhaling the same length of breath out through your nostrils, with a slight restriction in your throat. Our glorious breath. So on your next inhale reach your arms up overhead reaching, lengthening through your fingertips.

2m 2. Reclined Butterfly Pose Hands Raised Behind



1m 30s 3. Constructive Rest Pose Variation Knees Together Feet Apart

Begin by lying on your back with your knees bent and feet as wide apart as your yoga mat
Make your feet slightly pigeon-toed so that your legs internally rotate
Let your knees fall together
Hands to rest on the lower belly

Try to stay here for 8-10 breaths



2m 4. Wind Release Pose

bring your knees to your chest and roll out



2m 5. Half Wind Release Pose

shift hips over about 3 in and bring your left knee to your chest, create some Intuitive movement here. Bringing the knee over to your armpit. Whenever your ready bring your left knee over your body for supine twist.



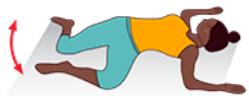
1m 6. Supine Spinal Twist Yoga Pose I



1m 7. Reclining Eagle Spinal Twist Pose



1m 8. Supine Windshield Wiper Twist Pose



2m 9. Wind Release Pose



2m 10. Half Wind Release Pose



1m 11. Supine Spinal Twist Yoga Pose I



12. Reclining Eagle Spinal Twist Pose



1m 13. Supine Windshield Wiper Twist Pose



1m 14. Bound Angle Pose Arms Behind



1m 15. Seated Mountain Pose In Auspicious Pose





1m 17. Revolved Bound Angle Pose Side Stretch

LATERAL SEATED STRETCH



-Lay your left arm across your legs

-On your next inhale, raise your right arm up and over head, palms facing forward, leaning over to your right side.

- sit bones maintaining contact with the floor

- Gently look up and feel the stretch in your side body

- breath into your side ribs, into your obliques

- feel the expansion between each rib bone!

lateral side stretches help to open the ribs and release tight shoulders.

CONTRAINDICATION: Treat your shoulders gently if they are very tight, especially if you have rotator-cuff problems
Back away from any sensation of pinching or stress.

*** visualize breathing down into your side ribs, and Latissimus Dorsi muscles

Reverse and stretch the l

side now, placing right arm across the legs....

20s 18. Bound Angle Pose



30s 19. **Revolved Bound Angle Pose Side Stretch**

LATERAL SEATED STRETCH



-Lay your right arm across your legs

-On your next inhale, raise your left arm up and over head, palms facing forward, leaning over to your right side.

- sit bones maintaining contact with the floor
- Gently look up and feel that side body stretch!
- breath into your side ribs, into your obliques
- feel the expansion between each rib bone!

ateral side stretches help to open the ribs and release tight shoulders.

CONTRAINDICATION: Treat your shoulders gently if they are very tight, especially if you have rotator-cuff problems
Back away from any sensation of pinching or stress.

** visualize breathing down into your side ribs, and Latissimus Dorsi muscles
Move through this breath to movement.

30s 20. **Seated Mountain Pose**



30s 21. **Easy Pose**



30s 22. Revolved Easy Staff Pose



30s 23. Revolved Easy Staff Pose



30s 24. Staff Pose Variation Raised One Leg Hand To Big Toe Pose

Use your strap



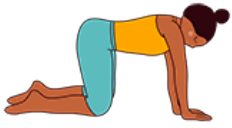
30s 25. Staff Pose Variation Raised One Leg Hand To Big Toe Pose

use your strap



20s 26. Table Top Pose

cat cow



30s 27. Sitting Wrist Stretch Pose



30s 28. Sitting Wrist Stretch Pose



30s 29. Thunderbolt Pose Fingers Floor



1m 30. **Table Top Pose Wrist Stretch**

sit back on your heels and claps your hands behind your back bringing your hands over the the left and lower your ear to your left shoulder. Feel this side body stretch taking gaze up to ceiling and then to your mat. hold here a couple breaths. Lets switch to the otherside.



1m 31. **Table Top Pose Wrist Stretch**

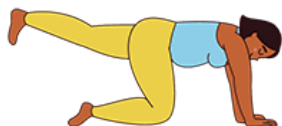
sit back on your heels and claps your hands behind your back bringing your hands over the the left and lower your ear to your left shoulder. Feel this side body stretch taking gaze up to ceiling and then to your mat. hold here a couple breaths.



30s 32. **Table Top Pose Variation Leg Raised**

Inhale, and extend the right leg out towards the back, keeping it parallel to the floor.

Keep the foot flexed, with the toes pointing down as you continuously push away with the heel. Be sure to keep the spine neutral, and core engaged. This is Position 1 of this movement.



30s 33. **Table Top Pose Variation Leg Raised**

Inhale, and extend the left leg out towards the back, keeping it parallel to the floor

2. Keep the foot flexed, with the toes pointing down as you continuously push away with the heel. Be sure to keep the spine neutral, and core engaged. This is Position 1 of this movement.



30s 34. Fire Hydrant Pose Variation

Extend RIGHT leg straight out to side.
lift and lower to the ground. Create some movement here.



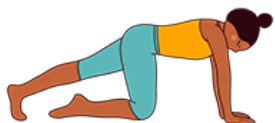
1m 35. Table Top Pose Leg To Side



1m 36. Table Top Pose Leg To Side



30s 37. Table Top Pose One Leg Extended Toes



30s 38. Wide Child Pose Blanket One Leg To Side



30s 39. Table Top Pose One Leg Extended Toes



30s 40. Table Top Pose One Leg Extended Toes



1m 41. Table Top Pose Eagle Legs



30s 42. Table Top Pose One Legged Hip Rotation



43. Table Top Pose One Leg Extended Toes



30s 44. Fire Hydrant Pose Variation



1m 45. Table Top Pose Leg To Side



30s 46. Table Top Pose One Leg Extended Toes



1m 47. Wide Child Pose Blanket One Leg To Side



30s 48. Table Top Pose One Leg Extended Toes



1m 49. Table Top Pose Eagle Legs



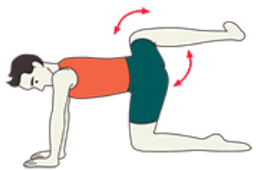
20s 50. Table Top Pose One Legged Hip Rotation



51. Reclined Big Toe Pose Straps



30s 52. Table Top Pose One Legged Hip Rotation



30s 53. Table Top Pose



1m 54. Downward Facing Dog Pose



1m 55. Standing Forward Fold Pose

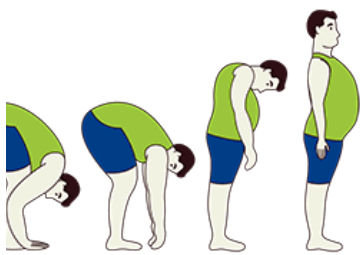


30s 56. Upward Forward Fold Hands On Shins



30s 57. Standing Forward Fold Pose





30s 59. Palm Tree Pose Variation



Inhale reach arms exhale grab your elbows inhale lean towards the left, exhale, feel stretch in right side. Breath here 2 breaths. On your inhale come back to center. Inhale lean over to your right exhale feel the stretch in your left side body. 2 breaths here. on INHALE come back to center bring your arms down by your side.

30s 60. Palm Tree Pose Side Bend Variation Elbows



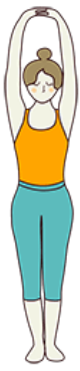
Inhale reach arms exhale grab your elbows inhale lean towards the left, exhale, feel stretch in right side. Breath here 2 breaths. On your inhale come back to center. Inhale lean over to your right exhale feel the stretch in your left side body. 2 breaths here. on INHALE come back to center bring your arms down by your side.

30s 61. Palm Tree Pose Side Bend Variation Elbows



Inhale reach arms exhale grab your elbows inhale lean towards the left, exhale, feel stretch in right side. Breath here 2 breaths. On your inhale come back to center. Inhale lean over to your right exhale feel the stretch in your left side body. 2 breaths here. on INHALE come back to center bring your arms down by your side.





30s 62. **Palm Tree Pose Variation**

Inhale reach arms exhale grab your elbows inhale lean towards the left, exhale, feel stretch in right side. Breath here 2 breaths. On your inhale come back to center. Inhale lean over to your right exhale feel the stretch in your left side body. 2 breaths here. on INHALE come back to center bring your arms down by your side.

30s 63. **Standing Wrist And Forearm Stretch**



30s 64. **Standing Backbend Pose**

inhale bring your hands in the small of your back and exhale open up through your chest take your gaze up.



30s 65. **Standing Forward Fold Pose**



30s 66. Upward Forward Fold Hands On Shins



2m 67. Standing Spinal Roll Up Pose Flow



30s 68. Palm Tree Pose Variation



30s 69. Palm Tree Pose Side Bend Variation Elbows



30s 70. Palm Tree Pose Side Bend Variation Elbows



30s 71. Palm Tree Pose Variation



30s 72. Standing Backbend Pose



30s 73. Standing Forward Fold Pose



30s 74. Downward Facing Dog Pose



30s 75. Upward Forward Fold Hands On Shins



30s 76. Standing Forward Fold Pose



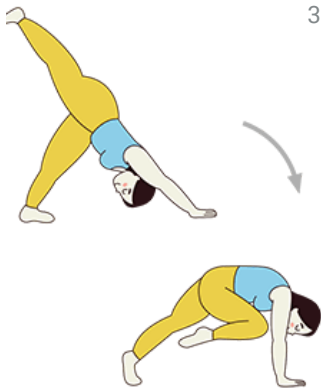
30s 77. Downward Facing Dog Pose



30s 78. Three Legged Downward Facing Dog Pose



30s 79. Three Legged Downward Facing Dog Pose Tiger Curl Pose Flow



1m 80. Warrior Pose I

INHALE step right foot forward, bring your back foot at 45 degree angle, exhale rise and release to come up. Make sure your feet are on train tracks, finding stability.



Take a few breaths here to settle in or Create any movement that you may need bending and straightening your leg.

Inhale and bend the left knee, taking the arms above your head, to exhale completely. Bring the palms together, and inhale again to look up in Warrior Pose I. Align your hips parallel with your mat.

Extend the arms above to the maximum, while making sure the chest and the arms are in line, the knee in not bent beyond the left ankle . Stretch the right leg behind you to the maximum.

get the maximum benefit from this pose, while not feeling uncomfortable, is to focus on the alignment of the hips, knee, foot and then chest, shoulders and the arms.

main in this pose Virabhadrasana I for about 5 breaths. A great pose to open the chest and to gain stability with the balance.

30s 81. Warrior I Straight Legs Hands On Hips

bring hands to hips and straighten your front leg



30s 82. **Half Pyramid Pose Prayer Hands Behind Back**

Keeping hips square to the top of your mat. Keeping both legs straight and your hands on your hips, on your inhale forward fold until you are parallel with the floor. Exhale Reaching with your crown, keeping your abdominals engaged and your back flat.

Keep both legs straight.

Hold here for 3 breaths



30s 83. **Pyramid Pose Arms Extended Forward**

On your next exhale found deeper or place hands on blocks



30s 84. **Half Pyramid Pose Prayer Hands Behind Back**

Inhale bring hand back at hips, half way lift.



30s 85. **Warrior I Straight Legs Hands On Hips**

Rise back up. bring hand to clasp behind your back and on your inhale fold over your front leg.

EXHALE



30s 86. Intense Side Stretch Pose Yoga Mudra

take 2 breaths here

Releasing hands, bringing them back at your hips, halfway lift,



30s 87. Dangling Pose



30s 88. Downward Facing Dog Pose



30s 89. Three Legged Downward Facing Dog Pose



30s

90. Three Legged Downward Facing Dog Pose Tiger Curl Pose Flow



30s 91. Warrior Pose I



30s 92. Warrior I Straight Legs Hands On Hips



30s 93. Half Pyramid Pose Prayer Hands Behind Back



30s 94. Pyramid Pose Arms Extended Forward



30s 95. Half Pyramid Pose Prayer Hands Behind Back



30s 96. Warrior I Straight Legs Hands On Hips



30s 97. Warrior I Straight Legs Hands On Hips



30s 98. Intense Side Stretch Pose Yoga Mudra



30s 99. Half Pyramid Pose Prayer Hands Behind Back



30s 100. Standing Forward Fold Pose Variation Knees Bent



Breath to movement

Come down to knees . We're going to move through on both sides twice. Moving straight into the clasping hand behind you if its in you practice. Remembering this is your journey and only take what your body needs in this present moment. Lets meet in down dog.

30s 101. Upward Forward Fold Hands On Shins



30s 102. Revolved Standing Forward Fold Pose Variation Knee Bent

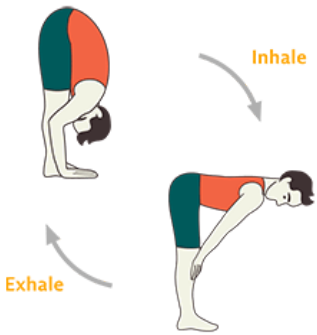
Use blocks if needed here



30s 103. Revolved Standing Forward Fold Pose Variation Knee Bent



30s 104. Forward Fold Flow



1m 105. Garland Pose Variation



30s 106. Revolved Squat Pose



30s 107. Revolved Squat Pose



30s 108. Garland Pose Variation



30s 109. Easy Pose



30s 110. Wind Release Pose



1m 111. Supine Spinal Twist Yoga Pose I



30s 112. Wind Release Pose



1m 113. Supine Spinal Twist Yoga Pose I



1s 114. Reclining Eagle Spinal Twist Pose



30s 115. Happy Baby Pose



20s 116. Happy Baby Pose Variation



6m 117. Corpse Pose

Come to Shavasana and take a deep breath in and exhale out. Relaxing deep into your mat. Noticing how you feel now than before class. Did you release any tension or kinks out. Just begin to settle in here and I will call you back when it's time. While here let's take a few moments to honor ourselves for showing up and dedicate this time to YOUR well being. Im going to come around the run and pass out a cool lavender rag if you do not wish to have one place your hand on your belly. If you wish to take one place palm up and i will place in your hand. Place it anywhere youd like. Take some time to reflect on how you feel, both physically & mentally. I'd like to leave you with this simple mantra or you may choose one of your own: "I am present, I am peaceful, I am enough." Repeat this mantra silently to yourself, allowing its words to resonate within you, affirming your presence and worthiness.

Remember that the benefits of your practice extends far beyond the mat, pervading into our daily lives

we cultivate mindfulness and presence. YOU CAN ROLL OVER ON YOUR LEFT SIDE (moon side) INTO A FETAL POSITION TO CLOSE YOUR DAY. Or Whenever you're ready join me at the top of your mat. Bring chin to chest and hands at heart center. Thank you for being here today, and sharing your energy with me & everyone around you. May you carry the peace and tranquility of this practice with you throughout. The light and love in me sees the light and live in you. Namaste



6m 118. Side Lying Corpse Pose



Come to Shavasana and take a deep breath in and exhale out. Relaxing deep into your mat. Noticing how you feel now than before class. Did you release any tension or kinks out. Just begin to settle in here and I will call you back when it's time. While here let's take a few moments to honor ourselves for showing up and dedicate this time to YOUR well being. Im going to come around the run and pass out a cool lavender rag if you do not wish to have one place your hand on your belly. If you wish to take one place palm up and i will place in your hand. Place it anywhere youd like. Take some time to reflect on how you feel, both physically & mentally. I'd like to leave you with this simple mantra or you may choose one of your own: "I am present, I am peaceful, I am enough." Repeat this mantra silently to yourself, allowing its words to resonate within you, affirming your presence and worthiness.

Remember that the benefits of your practice extends far beyond the mat, pervading into our daily lives as we cultivate mindfulness and presence. YOU CAN ROLL OVER ON YOUR LEFT SIDE (moon side) INTO A FETAL POSITION TO CLOSE OUT YOUR DAY. Or Whenever you're ready join me at the top of your mat. Bring chin to chest and hands at heart center. Thank you for being here today, and sharing your energy with me & everyone around you. May you carry the peace and tranquility of this practice with you throughout. The light and love in me sees the light and live in you. Namaste

119. Reclined Big Toe Pose Straps



120. Legs Raised With Strap



121. Reclined Hand To Big Toe Pose Variation Strap



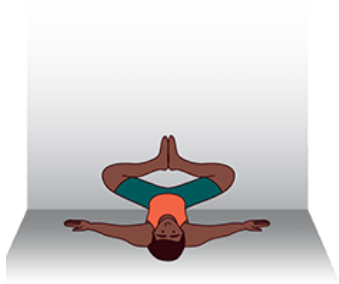
122. Reclined Hand To Big Toe Pose Variation Strap



123. Legs up the Wall Pose



124. Wall Butterfly Pose



125. Full Body Stretch Pose

