

1

00:00:14,500 --> 00:00:16,900

Hi, my name's Zoe and I'm a yoga teacher.

2

00:00:16,900 --> 00:00:19,980

This video is a Vinyasa style yoga practice.

3

00:00:19,980 --> 00:00:22,470

It's a flowing practice of movement connected to breath.

4

00:00:22,470 --> 00:00:25,650

It's great for building strength, fluidity and mobility

5

00:00:25,650 --> 00:00:27,410

within the body and mind.

6

00:00:27,410 --> 00:00:30,130

At any point that you feel you need to rest,

7

00:00:30,130 --> 00:00:31,950

please feel free to pause the video,

8

00:00:31,950 --> 00:00:33,570

join back in when you can.

9

00:00:33,570 --> 00:00:35,940

There'll be options and variations as you go through,

10

00:00:35,940 --> 00:00:37,410

so please just listen to your body

11

00:00:37,410 --> 00:00:40,052

as we move through the practice today.

12

00:00:40,052 --> 00:00:42,880

So we're going to start by coming into all fours.

13

00:00:42,880 --> 00:00:44,820

Take the hands underneath the shoulders

14

00:00:44,820 --> 00:00:47,104

and the knees underneath the hips

15

00:00:47,104 --> 00:00:48,550

and just take a little moment here,

16

00:00:48,550 --> 00:00:50,880

just to rock the body side to side.

17

00:00:50,880 --> 00:00:53,083

Feel the weight coming into the hands,

18

00:00:53,083 --> 00:00:55,440

feel the knees underneath the hips,

19

00:00:55,440 --> 00:00:57,710

and then finding that central point,

20

00:00:57,710 --> 00:01:00,140

working into a little cat curl,

21

00:01:00,140 --> 00:01:02,650

we inhale, lift the sitting bones up towards the ceiling,

22

00:01:02,650 --> 00:01:04,936

move the chest through the arms

23

00:01:04,936 --> 00:01:06,890

as you gaze forward gently,

24

00:01:06,890 --> 00:01:08,970

and exhale, round, tuck the tailbone under,

25

00:01:08,970 --> 00:01:10,520

push up in between the shoulder blades

26

00:01:10,520 --> 00:01:12,940

and draw the chin in towards the chest.

27

00:01:12,940 --> 00:01:14,270

We'll do that two more times.

28

00:01:14,270 --> 00:01:19,270

Inhale, think of the movement, hips, waist, shoulders, head,

29

00:01:21,050 --> 00:01:25,690

as you arch, then exhale, round, tucking the tailbone under,

30

00:01:25,690 --> 00:01:27,640

pushing up in between the shoulder blades

31

00:01:27,640 --> 00:01:30,400

and drawing the chin in towards the chest.

32

00:01:30,400 --> 00:01:35,400

Once more, inhale, hips, waist, shoulders, head,

33

00:01:36,380 --> 00:01:41,120

as you arch, exhale, hips, waist,

34

00:01:41,120 --> 00:01:44,370

shoulders, head, as you round.

35

00:01:44,370 --> 00:01:48,650

Coming back to all fours, tucking the toes under.

36

00:01:48,650 --> 00:01:52,490

Inhale, exhale, round, pushing the upper back away

37

00:01:52,490 --> 00:01:54,560

from you like an angry cat,

38

00:01:54,560 --> 00:01:57,143

take a deep breath into the upper back here,

39

00:01:58,020 --> 00:02:00,440

then as you exhale, push the floor away from you

40

00:02:00,440 --> 00:02:03,440

and reach your buttocks back towards your heels,

41

00:02:03,440 --> 00:02:06,000

just as far as you can go, comfortable on the knees.

42

00:02:06,000 --> 00:02:10,263

Inhale, lift back to all fours, exhale, stay.

43

00:02:11,200 --> 00:02:16,040

Inhale, exhale, round, pushing the upper back away

44

00:02:16,040 --> 00:02:18,440

from you as you round into an angry cat.

45

00:02:18,440 --> 00:02:20,723

Take a deep breath into the upper back.

46

00:02:21,850 --> 00:02:23,930

Exhale, push the floor away from you

47

00:02:23,930 --> 00:02:26,393

as you take buttocks back towards the heels,

48

00:02:27,470 --> 00:02:30,484

and then inhale, lift back to all fours.

49

00:02:30,484 --> 00:02:34,500

Untuck the toes, release the hips back towards the heels

50

00:02:34,500 --> 00:02:36,650

as you reach the arms forward,

51

00:02:36,650 --> 00:02:39,300

allowing the forehead to move down towards the floor.

52

00:02:40,260 --> 00:02:42,740

Spread the fingers nice and wide.

53

00:02:42,740 --> 00:02:45,663

Inhale, lift up through all fours.

54

00:02:45,663 --> 00:02:47,790

Bring your pubic bone up towards your navel

55

00:02:47,790 --> 00:02:50,430

as you shift forward into a kneeling plank position.

56

00:02:50,430 --> 00:02:54,350

One long line from the shoulders, hips and knees.

57

00:02:54,350 --> 00:02:57,470

Exhale, bend the elbows and lower down to the floor.

58

00:02:57,470 --> 00:02:58,950

Take the hands out to the side,

59

00:02:58,950 --> 00:03:01,900

come onto your fingertips, forehead down to the floor.

60

00:03:01,900 --> 00:03:03,190

Stretch the legs back,

61

00:03:03,190 --> 00:03:05,450

tops of the feet press into the floor.

62

00:03:05,450 --> 00:03:08,170

Inhale, slide the shoulder blades down the back,

63

00:03:08,170 --> 00:03:10,270

as you peel the chest up, just as high

64

00:03:10,270 --> 00:03:12,073

as you feel is comfortable for you.

65

00:03:13,090 --> 00:03:16,050

Then exhale, slowly soften that down.

66

00:03:16,050 --> 00:03:17,740

Let's do that two more times.

67

00:03:17,740 --> 00:03:20,480

Belly to spine, inhale, peeling the chest up,

68

00:03:20,480 --> 00:03:22,653

just as high as it feels comfortable.

69

00:03:24,000 --> 00:03:25,593

Exhale, lower down.

70

00:03:28,139 --> 00:03:32,273

Once more, inhale, peeling up, exhale and lower.

71

00:03:35,580 --> 00:03:37,920

Take the hands underneath the shoulders,

72

00:03:37,920 --> 00:03:40,050

lift back to all fours.

73

00:03:40,050 --> 00:03:43,740

Tuck your toes under, lift the hips away from the floor,

74

00:03:43,740 --> 00:03:47,980

as you find downward dog, creating this inverted v-shape.

75

00:03:47,980 --> 00:03:49,400

Take a little walk with the legs,

76

00:03:49,400 --> 00:03:53,080

bending one knee, and then the other,

77

00:03:53,080 --> 00:03:58,080

nice deep breaths here, and then finding the downward dog,

78

00:03:59,330 --> 00:04:00,990

keeping the knees bent as much as you need,

79

00:04:00,990 --> 00:04:03,680

finding length out of the lower back.

80

00:04:03,680 --> 00:04:06,530

If you can, maybe extending out through the legs.

81

00:04:06,530 --> 00:04:09,710

No force, or stress, just as far

82

00:04:09,710 --> 00:04:11,987

as it feels comfortable for you.

83

00:04:13,638 --> 00:04:15,350

Press the hands into the floor,

84

00:04:15,350 --> 00:04:17,393

slowly walk your feet forward.

85

00:04:19,559 --> 00:04:23,420

Take the hands to the shins, inhale, lengthen long spine,

86

00:04:23,420 --> 00:04:26,100

from tail to head, reach the chest forward.

87

00:04:26,100 --> 00:04:28,050

Hinge at the hips, bending the knees,

88

00:04:28,050 --> 00:04:32,070

chest towards the thighs, and fold, soften the neck.

89

00:04:32,070 --> 00:04:34,593

Two more here, inhale, lengthen long spine.

90

00:04:36,640 --> 00:04:39,607

Exhale, fold chest towards the thighs,

91

00:04:39,607 --> 00:04:42,300

bending the knees as much as you need.

92

00:04:42,300 --> 00:04:47,300

Once more, inhale, lengthen, exhale and fold.

93

00:04:48,560 --> 00:04:50,680

You can keep the hands to the shins,

94

00:04:50,680 --> 00:04:53,220

hands can dangle down to the floor,

95

00:04:53,220 --> 00:04:55,870

or, if it feels comfortable, take hold of the elbows.

96

00:04:56,740 --> 00:05:00,493

Maybe take a little rock and a sway here, from side to side.

97

00:05:05,120 --> 00:05:06,543

Coming back through centre.

98

00:05:08,790 --> 00:05:13,790

Releasing the hands, press through the feet as we inhale,

99

00:05:13,884 --> 00:05:17,483

roll up to standing, reaching the arms up and overhead.

100

00:05:19,000 --> 00:05:21,803

Exhale, hands down through heart centre.

101

00:05:23,460 --> 00:05:26,450

Take the feet just a little bit wider than hip width apart.

102

00:05:26,450 --> 00:05:28,150

Soft bend into the knees.

103

00:05:28,150 --> 00:05:30,970

Interlace the fingers, press the palms away from you,

104

00:05:30,970 --> 00:05:35,740

inhale, reach the arms high, exhale as you fold,

105

00:05:35,740 --> 00:05:37,410

hinging at the hips, bending the knees,

106

00:05:37,410 --> 00:05:40,340

chest towards the thighs, hands towards the floor.

107

00:05:40,340 --> 00:05:43,830

Big circle out to the right, windmill the arms to the right

108

00:05:43,830 --> 00:05:47,170

and up as you inhale, keep that circle going

109

00:05:47,170 --> 00:05:50,663

around to the left and down as you exhale.

110

00:05:51,750 --> 00:05:55,300

Changing directions, inhale, to the left and up,

111

00:05:55,300 --> 00:05:59,740

circle the arms around, exhale, to the right and down,

112

00:05:59,740 --> 00:06:02,190

soft bend into the knees.

113

00:06:02,190 --> 00:06:05,493

One more each side, inhale,  
to the right and up,

114

00:06:07,221 --> 00:06:10,083

exhale, to the left and down.

115

00:06:12,530 --> 00:06:17,387

Inhale, to the left and up, exhale, to the right and down.

116

00:06:21,870 --> 00:06:23,210

Press the feet into the floor,

117

00:06:23,210 --> 00:06:26,883

inhale, reach the arms high, reaching up and back,

118

00:06:27,879 --> 00:06:30,623

and exhale, hands down by your sides.

119

00:06:32,820 --> 00:06:34,840

Working into our sun salutations,

120

00:06:34,840 --> 00:06:37,550

standing feet either hip width apart,

121

00:06:37,550 --> 00:06:40,280

if it feels comfortable, feet can come together.

122

00:06:40,280 --> 00:06:43,130

Press down through the feet, inhale, reach the arms high.

123

00:06:44,750 --> 00:06:47,780

Exhale, hinging at the hips, soft bend to the knees,

124

00:06:47,780 --> 00:06:49,730

chest towards the thighs.

125

00:06:49,730 --> 00:06:52,423

Hands to the shins, inhale, lengthen long spine,

126

00:06:53,480 --> 00:06:56,540

exhale, hands to the floor, step the left foot back.

127

00:06:56,540 --> 00:06:58,550

Left knee can come down to the floor.

128

00:06:58,550 --> 00:07:00,730

If you need, you can place something underneath the knee

129

00:07:00,730 --> 00:07:02,410

for a little bit extra cushioning.

130

00:07:02,410 --> 00:07:04,180

Back toes can be tucked or untucked,

131

00:07:04,180 --> 00:07:06,250

whatever feels comfortable for you.

132

00:07:06,250 --> 00:07:08,583

Inhale, reach the arms side and up.

133

00:07:10,220 --> 00:07:12,830

Exhale, hands come down to the floor.

134

00:07:12,830 --> 00:07:15,600

Step the right foot back, knees to the floor,

135

00:07:15,600 --> 00:07:16,870

finding that kneeling plank,

136

00:07:16,870 --> 00:07:19,870

as we exhale, lower down to the floor.

137

00:07:19,870 --> 00:07:21,600

Roll the shoulders away from the ears.

138

00:07:21,600 --> 00:07:24,380

Inhale, lift the chest up, just as high

139

00:07:24,380 --> 00:07:27,340

as you can if the hands were away from the floor.

140

00:07:27,340 --> 00:07:30,560

Hands come down, press back to all fours,

141

00:07:30,560 --> 00:07:33,263

tuck your toes under, lifting up, downward dog.

142

00:07:35,170 --> 00:07:38,560

Inhale, extend the right leg up towards the ceiling.

143

00:07:38,560 --> 00:07:41,530

Exhale, step the right foot forward in between the hands.

144

00:07:41,530 --> 00:07:44,750

If it gets stuck halfway, left knee comes down to the floor,

145

00:07:44,750 --> 00:07:48,542

grab hold of the right ankle, bring the right foot forward.

146

00:07:48,542 --> 00:07:51,952

Inhale to rise, bring the arms up,

147

00:07:51,952 --> 00:07:54,500

exhale, the hands down to the floor,

148

00:07:54,500 --> 00:07:56,194

press the right foot into the floor,

149

00:07:56,194 --> 00:07:58,309

step your left foot forward.

150

00:07:58,309 --> 00:08:01,559

Inhale, lengthen halfway, exhale, fold.

151

00:08:04,926 --> 00:08:08,593

Inhale to rise, arms up, exhale, hands down.

152

00:08:12,316 --> 00:08:14,899

Left side, inhale, the arms up,

153

00:08:15,940 --> 00:08:18,633

exhale as you fold, hands to the shins.

154

00:08:19,820 --> 00:08:24,470

Inhale to lengthen long spine, exhale, hands to the floor,

155

00:08:24,470 --> 00:08:26,420

step the right leg back.

156

00:08:26,420 --> 00:08:28,190

Right knee comes down to the floor.

157

00:08:28,190 --> 00:08:29,533

Inhale, reach the arms up.

158

00:08:30,950 --> 00:08:33,530

Exhale, the hands down to the floor.

159

00:08:33,530 --> 00:08:36,580

Step the left foot back, coming on to your knees.

160

00:08:36,580 --> 00:08:38,663

Exhale, lower down to the floor.

161

00:08:39,500 --> 00:08:40,930

Inhale, peel the chest up,

162

00:08:40,930 --> 00:08:43,330

just as high as you can without the hands.

163

00:08:43,330 --> 00:08:45,450

Hands come down, press it back,

164

00:08:45,450 --> 00:08:47,633

tuck your toes under, downward dog.

165

00:08:49,280 --> 00:08:50,663

Inhale, the left leg up.

166

00:08:51,700 --> 00:08:54,030

Exhale, step it in between the hands.

167

00:08:54,030 --> 00:08:56,150

Help it forward, if you need.

168

00:08:56,150 --> 00:08:57,950

Right knee down to the floor.

169

00:08:57,950 --> 00:08:59,403

Inhale, the arms up.

170

00:09:00,630 --> 00:09:04,653

Exhale, hands come down, step your right foot forward.

171

00:09:06,780 --> 00:09:08,273

Inhale, lengthen halfway.

172

00:09:09,800 --> 00:09:11,783

Exhale, fold chest towards the thighs.

173

00:09:13,580 --> 00:09:15,190

Round down through the legs.

174

00:09:15,190 --> 00:09:16,463

Inhale, rise, arms up.

175

00:09:17,809 --> 00:09:20,050

Exhale, hands down.

176

00:09:22,593 --> 00:09:23,913

Inhale, the arms up.

177

00:09:25,570 --> 00:09:26,980

Exhale, hinge at the hips

178

00:09:26,980 --> 00:09:29,770

as you fold forward, hands to the shins.

179

00:09:29,770 --> 00:09:31,653

Inhale, lengthen long spine.

180

00:09:32,850 --> 00:09:36,340

Exhale, hands come down, step both feet back.

181

00:09:36,340 --> 00:09:38,350

Onto your knees or toes,

182

00:09:38,350 --> 00:09:40,560

lower all the way down to the floor.

183

00:09:40,560 --> 00:09:43,270

Inhale, peel the chest up, bhujangasana,

184

00:09:43,270 --> 00:09:45,400

or you can press the tops of the feet into the floor,

185

00:09:45,400 --> 00:09:48,460

lift the thighs away from the floor, upward dog.

186

00:09:48,460 --> 00:09:51,153

Exhale, press it back, downward dog.

187

00:09:53,360 --> 00:09:55,193

Inhale, extend the right leg up.

188

00:09:56,060 --> 00:09:58,340

Exhale, step it through in between the hands,

189

00:09:58,340 --> 00:10:00,120

help it forward if you need.

190

00:10:00,120 --> 00:10:02,220

Left knee can come to the floor as we just did,

191

00:10:02,220 --> 00:10:04,150

or keep the left knee lifted.

192

00:10:04,150 --> 00:10:05,393

Inhale, the arms high.

193

00:10:06,530 --> 00:10:08,737

Exhale, elbows open, cactus arms.

194

00:10:08,737 --> 00:10:11,200

Slide the shoulder blades down the back.

195

00:10:11,200 --> 00:10:13,390

Inhale, the arms reach higher.

196

00:10:13,390 --> 00:10:17,370

Exhale, the hands to the floor, step the right foot back,

197

00:10:17,370 --> 00:10:20,640

knees or toes, lower, chaturanga.

198

00:10:20,640 --> 00:10:24,720

Inhale, bhujangasana, or upward facing dog, your choice.

199

00:10:24,720 --> 00:10:27,463

Exhale, press it back, downward dog.

200

00:10:28,580 --> 00:10:29,963

Inhale, the left leg up.

201

00:10:30,900 --> 00:10:33,720

Exhale, step it through in between the hands.

202

00:10:33,720 --> 00:10:35,060

Right knee can come to the floor

203

00:10:35,060 --> 00:10:36,980

or stay onto the right toes.

204

00:10:36,980 --> 00:10:38,553

Inhale, rise, deep lunge.

205

00:10:39,580 --> 00:10:41,393

Exhale, open the elbows out.

206

00:10:42,788 --> 00:10:44,503

Inhale, the arms reach up.

207

00:10:45,650 --> 00:10:49,610

Exhale, hands to the floor, step the left foot back,

208

00:10:49,610 --> 00:10:51,163

knees or toes, chaturanga.

209

00:10:52,680 --> 00:10:56,630

Inhale, bhujangasana, or upward facing dog.

210

00:10:56,630 --> 00:10:59,933

Exhale, pressing back, downward facing dog.

211

00:11:01,780 --> 00:11:02,880

Take a deep breath in.

212

00:11:10,390 --> 00:11:14,463

Take a deep breath in, exhale.

213

00:11:16,770 --> 00:11:19,473

Inhale, extend the right leg up towards the ceiling.

214

00:11:20,340 --> 00:11:24,010

Exhale, roll through, right knee to nose,

215

00:11:24,010 --> 00:11:26,973

as you shift your weight forward over your hands.

216

00:11:27,840 --> 00:11:31,720

Inhale, press it back, reach the right leg up and back.

217

00:11:31,720 --> 00:11:35,053

Exhale, roll through, tiger curl, knee to nose.

218

00:11:36,250 --> 00:11:40,640

Once more, inhale, reach up and back with that right leg.

219

00:11:40,640 --> 00:11:42,180

Exhale, tiger curl.

220

00:11:44,019 --> 00:11:48,380

Place the right foot to the floor, in between the hands.

221

00:11:48,380 --> 00:11:50,360

Bring the left knee down to the floor.

222

00:11:50,360 --> 00:11:53,470

Inhale, as we lunge deep, reach the chest forward.

223

00:11:53,470 --> 00:11:57,103

Exhale, press back and work to extend the right leg.

224

00:11:58,150 --> 00:12:00,194

Inhale to lunge deep.

225

00:12:00,194 --> 00:12:03,020

You can stay with the left knee to the floor,

226

00:12:03,020 --> 00:12:04,810

or lift the left knee.

227

00:12:04,810 --> 00:12:08,613

Exhale, press back, extend both legs.

228

00:12:09,570 --> 00:12:10,823

Inhale to lunge deep.

229

00:12:12,850 --> 00:12:14,653

Exhale, press back and hold.

230

00:12:16,170 --> 00:12:18,603

For five, nice long spine.

231

00:12:21,380 --> 00:12:24,370

Four, that right knee might be slightly bent,

232

00:12:24,370 --> 00:12:26,283

that is absolutely fine.

233

00:12:27,250 --> 00:12:28,083

Three.

234

00:12:29,250 --> 00:12:32,693

Relax the shoulders, relax the jaw, two.

235

00:12:37,430 --> 00:12:38,480

One.

236

00:12:38,480 --> 00:12:39,770

Inhale to lunge deep.

237

00:12:39,770 --> 00:12:42,340

Bring the left knee down to the floor.

238

00:12:42,340 --> 00:12:44,480

Wriggle the right foot out to the side slightly,

239

00:12:44,480 --> 00:12:46,410

and turn the toes out.

240

00:12:46,410 --> 00:12:48,260

Take the left hand out to the side,

241

00:12:48,260 --> 00:12:51,020

bring the right hand onto your right knee.

242

00:12:51,020 --> 00:12:55,418

Inhale, turn the chest up towards the right leg.

243

00:12:55,418 --> 00:12:57,540

Exhale, press the right knee away from you

244

00:12:57,540 --> 00:12:59,990

as you turn the right shoulder towards the floor.

245

00:13:02,170 --> 00:13:03,060

Two more times, there.

246

00:13:03,060 --> 00:13:04,983

Inhale, turn the chest up.

247

00:13:06,910 --> 00:13:09,103

Exhale, turn the chest down.

248

00:13:11,410 --> 00:13:13,953

Once more, inhale, turn the chest up.

249

00:13:15,830 --> 00:13:18,043

Exhale, turn the chest down.

250

00:13:20,560 --> 00:13:23,660

Inhale, turn the chest up and hold.

251

00:13:23,660 --> 00:13:26,020

Pressing the right knee away from you.

252

00:13:26,020 --> 00:13:30,260

You can stay here, or maybe bend the left leg, reach around,

253

00:13:30,260 --> 00:13:32,610

grab hold of the left foot with the right hand.

254

00:13:33,520 --> 00:13:37,870

For three, nice deep breaths,

255

00:13:37,870 --> 00:13:41,903

two, wherever you're at just let yourself breathe.

256

00:13:43,920 --> 00:13:45,913

Exhale, the hands to the floor.

257

00:13:47,120 --> 00:13:50,150

Step the right foot back, knees or toes,

258

00:13:50,150 --> 00:13:53,280

hug the elbows in as you lower down to the floor.

259

00:13:53,280 --> 00:13:57,630

Inhale, peel the chest up, bhujangasana or upward dog.

260

00:13:57,630 --> 00:14:00,253

Exhale, pressing back, downward dog.

261

00:14:01,900 --> 00:14:03,823

Left leg, inhale, the left leg up.

262

00:14:04,810 --> 00:14:09,765

Tiger curl, exhale, roll through, knee towards your nose.

263

00:14:09,765 --> 00:14:11,963

Inhale, press back, three legged dog.

264

00:14:13,140 --> 00:14:14,793

Exhale, tiger curl.

265

00:14:16,474 --> 00:14:19,103

Once more, inhale, reach it back.

266

00:14:20,150 --> 00:14:22,760

Exhale, tiger curl.

267

00:14:22,760 --> 00:14:25,150

Placing the left foot in between the hands.

268

00:14:25,150 --> 00:14:28,290

If it didn't quite get there, help it forward.

269

00:14:28,290 --> 00:14:30,380

Right knee down to the floor, inhale, lunge deep,

270

00:14:30,380 --> 00:14:34,080

reach the chest forward, left knee above left ankle.

271

00:14:34,080 --> 00:14:37,580

Exhale, press back and extend the left leg.

272

00:14:37,580 --> 00:14:40,240

You can stay here, moving into this position again,

273

00:14:40,240 --> 00:14:41,880

inhale, lunge deep,

274

00:14:41,880 --> 00:14:44,220

or lift the right knee away from the floor.

275

00:14:44,220 --> 00:14:48,430

Exhale, extend the left leg back.

276

00:14:48,430 --> 00:14:50,463

Once more, inhale, lunge deep.

277

00:14:52,050 --> 00:14:54,453

Exhale, press back and hold.

278

00:14:55,700 --> 00:14:57,723

Inhale, lengthen long spine.

279

00:14:59,740 --> 00:15:04,140

Exhale and stay, that left leg might be slightly bent,

280

00:15:04,140 --> 00:15:06,090

that is absolutely fine.

281

00:15:06,090 --> 00:15:06,987

Think of the hips reaching back

282

00:15:06,987 --> 00:15:09,973

and the chest reaching forward for three.

283

00:15:11,200 --> 00:15:12,943

Just extending as much as you can.

284

00:15:16,912 --> 00:15:17,745

Two.

285

00:15:21,658 --> 00:15:24,090

One, inhale to lunge deep.

286

00:15:24,090 --> 00:15:26,270

Bring the right knee down to the floor.

287

00:15:26,270 --> 00:15:27,460

If you need, you can place something

288

00:15:27,460 --> 00:15:28,510

underneath the right knee.

289

00:15:28,510 --> 00:15:30,780

Wriggle the left foot out to the side.

290

00:15:30,780 --> 00:15:34,100

Turn the toes out and sink the hips down nice and deep.

291

00:15:34,100 --> 00:15:35,410

Right hand comes out the side,

292

00:15:35,410 --> 00:15:36,960

left hand to the inside of the knee.

293

00:15:36,960 --> 00:15:41,730

Inhale, turn the chest up towards the ceiling.

294

00:15:41,730 --> 00:15:44,710

Exhale, turn the chest down and away,

295

00:15:44,710 --> 00:15:47,310

pressing the left knee away from you.

296

00:15:47,310 --> 00:15:49,593

Two more, inhale, turning up.

297

00:15:51,370 --> 00:15:53,153

Exhale, turn down.

298

00:15:55,500 --> 00:15:58,213

Once more, inhale, turn up.

299

00:15:59,730 --> 00:16:01,403

Exhale, turn down.

300

00:16:03,568 --> 00:16:06,240

Inhale, turning the chest up and hold.

301

00:16:06,240 --> 00:16:09,330

Absolutely fine to stay here.

302

00:16:09,330 --> 00:16:11,310

If you feel you've got a little bit more space

303

00:16:11,310 --> 00:16:14,500

in the right leg, you can the right leg, reach around,

304

00:16:14,500 --> 00:16:17,630

grab hold of the right foot with your left hand.

305

00:16:17,630 --> 00:16:18,463

For three.

306

00:16:23,262 --> 00:16:24,143

Two.

307

00:16:26,310 --> 00:16:29,120

Exhale, the left hand back down to the floor.

308

00:16:29,120 --> 00:16:31,687

Step the left foot back, knees or toes.

309

00:16:31,687 --> 00:16:34,160

You can go through that little vinyasa,

310

00:16:34,160 --> 00:16:38,923

or press it back to downward dog, holding for three.

311

00:16:42,410 --> 00:16:43,243

Two.

312

00:16:47,000 --> 00:16:47,833

One.

313

00:16:48,860 --> 00:16:50,443

Inhale, the right leg up.

314

00:16:51,470 --> 00:16:54,730

Exhale, step it through in between the hands.

315

00:16:54,730 --> 00:16:57,330

Again, if it doesn't get all the way, help it forward.

316

00:16:57,330 --> 00:16:59,520

Cup the the left foot down to the floor.

317

00:16:59,520 --> 00:17:01,240

Inhale, windmill up

318

00:17:01,240 --> 00:17:03,723

into a nice deep side lunge, warrior two.

319

00:17:04,720 --> 00:17:05,920

Reach the right shin forward,

320

00:17:05,920 --> 00:17:08,170

as you press the left thigh back.

321

00:17:08,170 --> 00:17:10,713

Inhale, reaching the right arm up.

322

00:17:11,780 --> 00:17:15,250

Exhale, right forearm to the thigh.

323

00:17:15,250 --> 00:17:17,663

Windmill the left arm down and forward,

324

00:17:18,548 --> 00:17:21,163

bend the elbow, open the chest, big circle around.

325

00:17:22,280 --> 00:17:24,813

Two more there, inhale, windmill forward,

326

00:17:25,882 --> 00:17:27,432

then the elbow, open the chest.

327

00:17:29,410 --> 00:17:33,983

Once more, inhale, windmill forward, exhale to open.

328

00:17:35,480 --> 00:17:38,290

Inhale, windmilling that left arm forward,

329

00:17:38,290 --> 00:17:41,020

reaching out from the little finger

330

00:17:41,020 --> 00:17:43,993

through to the left little toe for three.

331

00:17:45,040 --> 00:17:47,891

You can stay with that right forearm to the thigh.

332

00:17:47,891 --> 00:17:49,800

If you want to explore a little bit of strength,

333

00:17:49,800 --> 00:17:51,550

you can hover that right forearm off,

334

00:17:51,550 --> 00:17:54,214

or wrap it in front of the waist.

335

00:17:54,214 --> 00:17:55,760

Two.

336

00:17:55,760 --> 00:17:57,963

Exhale, looking down to the floor.

337

00:17:59,167 --> 00:18:01,380

Inhale, lift back up to warrior two.

338

00:18:01,380 --> 00:18:04,640

Exhale, extend both legs, turn the right toes in,

339

00:18:04,640 --> 00:18:06,240

take the hands to the hips.

340

00:18:06,240 --> 00:18:08,443

Take a deep breath into the chest, inhale.

341

00:18:09,830 --> 00:18:11,970

Exhale, bend your left knee,

342

00:18:11,970 --> 00:18:14,520

turn the left toes out slightly,

343

00:18:14,520 --> 00:18:18,220

bring the hands down to the floor underneath your shoulders.

344

00:18:18,220 --> 00:18:20,670

Take your left hand to your left knee.

345

00:18:20,670 --> 00:18:23,383

Inhale, turn the chest towards the left leg,

346

00:18:24,960 --> 00:18:26,493

and hold for three.

347

00:18:27,880 --> 00:18:30,330

You can stay with your left hand to your knee,

348

00:18:30,330 --> 00:18:31,500

or, if it feels comfortable,

349

00:18:31,500 --> 00:18:34,810

left arm can extend up towards the ceiling.

350

00:18:34,810 --> 00:18:36,190

Two, wherever you're at,

351

00:18:36,190 --> 00:18:39,573

not creating any unnecessary tension or stress.

352

00:18:40,530 --> 00:18:44,073

Exhale, inhale,

353

00:18:45,670 --> 00:18:48,763

exhale, the left hand back down to the floor.

354

00:18:50,000 --> 00:18:52,150

Inhale, lengthen the spine,

355

00:18:52,150 --> 00:18:54,770

turn both toes in, extend both legs,

356

00:18:54,770 --> 00:18:58,680

and exhale, forward, reaching the weight back

357

00:18:58,680 --> 00:19:02,433

into your heels, you can start to walk your hands forward.

358

00:19:03,600 --> 00:19:04,873

Take a deep breath in.

359

00:19:07,610 --> 00:19:12,610

Exhale, inhale, lengthen,

360

00:19:13,840 --> 00:19:16,460

walk the hands back underneath your shoulders.

361

00:19:16,460 --> 00:19:18,350

Turn yourself back to the front

362

00:19:18,350 --> 00:19:20,160

of your mat, to your right foot.

363

00:19:20,160 --> 00:19:22,010

Step your right foot back.

364

00:19:22,010 --> 00:19:24,940

You can press it back to downward dog or flow with me.

365

00:19:24,940 --> 00:19:27,430

Exhale, lower, chaturanga,

366

00:19:27,430 --> 00:19:30,570

inhale, bhujangasana or upward dog.

367

00:19:30,570 --> 00:19:33,383

Exhale, pressing back, downward dog.

368

00:19:35,020 --> 00:19:36,503

Inhale, the left leg up.

369

00:19:37,360 --> 00:19:39,783

Exhale, step it through in between the hands.

370

00:19:40,780 --> 00:19:43,080

Cup the right foot down to the floor.

371

00:19:43,080 --> 00:19:45,110

Inhale, windmill up.

372

00:19:45,110 --> 00:19:47,740

Exhale, landing, warrior two.

373

00:19:47,740 --> 00:19:50,930

Reach the left shin forward, press the right thigh back.

374

00:19:50,930 --> 00:19:54,523

Inhale, left arm up, right arm down, revolve warrior.

375

00:19:55,400 --> 00:19:57,303

Exhale, left forearm to thigh.

376

00:19:58,690 --> 00:20:01,450

Windmill the right arm forward, big circle,

377

00:20:01,450 --> 00:20:04,670

bend the elbow as you open the chest.

378

00:20:04,670 --> 00:20:07,803

Two more there, inhale, windmill open.

379

00:20:08,940 --> 00:20:10,823

Exhale, bend the elbow.

380

00:20:12,090 --> 00:20:17,090

Once more, inhale, bending the elbow, open the chest.

381

00:20:19,400 --> 00:20:22,180

Inhale, windmill the arm forward.

382

00:20:22,180 --> 00:20:24,350

Exhale and stay.

383

00:20:24,350 --> 00:20:27,720

Press down through the little toe side of your right foot

384

00:20:27,720 --> 00:20:30,593

as you reach out through your right fingers.

385

00:20:30,593 --> 00:20:33,770

You can stay with the left forearm onto the thigh,

386

00:20:33,770 --> 00:20:36,230

or hover it just off of the thigh,

387

00:20:36,230 --> 00:20:39,050

arm can wrap in front of the waist, for three.

388

00:20:39,050 --> 00:20:41,150

Wherever you're at, find your breath, two.

389

00:20:44,800 --> 00:20:47,230

Exhale to look down.

390

00:20:47,230 --> 00:20:51,803

Inhale, lift up, warrior two, nice deep lunge, exhale.

391

00:20:53,030 --> 00:20:56,860

Inhale, extend the legs, turn the toes in and the heels out,

392

00:20:56,860 --> 00:20:58,280

hands to your hips.

393

00:20:58,280 --> 00:21:00,633

Take a deep breath in to the chest, inhale.

394

00:21:02,170 --> 00:21:03,740

Turn your right toes out slightly,

395

00:21:03,740 --> 00:21:05,560

exhale, bend the right knee,

396

00:21:05,560 --> 00:21:08,850

hands come down to the floor underneath your shoulders.

397

00:21:08,850 --> 00:21:11,443

Take your right hand to the inside of the right knee.

398

00:21:11,443 --> 00:21:13,663

Inhale, turn the chest towards the right.

399

00:21:14,540 --> 00:21:16,773

Lunging out to that right leg for three.

400

00:21:17,610 --> 00:21:20,400

Stay with the right hand to your knee,

401

00:21:20,400 --> 00:21:23,633

or, if it feels comfortable, extend the arm up, for two.

402

00:21:27,310 --> 00:21:29,763

Exhale, the hands to the floor.

403

00:21:30,900 --> 00:21:33,120

Inhale, extend the right leg,

404

00:21:33,120 --> 00:21:36,283

turn the toes in and the heels out, exhale, stay.

405

00:21:37,500 --> 00:21:41,100

Inhale, lengthen, exhale and fold.

406

00:21:41,100 --> 00:21:44,410

You may be walking the fingertips in line with the toes.

407

00:21:44,410 --> 00:21:45,880

You can maybe reach out,

408

00:21:45,880 --> 00:21:47,780

grab hold of the ankles or the calves.

409

00:21:49,400 --> 00:21:53,363

Take a deep breath in, exhale.

410

00:21:56,140 --> 00:21:59,600

Hands to the floor, inhale, reach the chest forward.

411

00:21:59,600 --> 00:22:03,190

Turn the feet forward, back to the front of the mat,

412

00:22:03,190 --> 00:22:05,910

reaching the left foot forward,

413

00:22:05,910 --> 00:22:09,170

step it back, downward dog or flowing,

414

00:22:09,170 --> 00:22:11,570

exhale, lower, chaturanga.

415

00:22:11,570 --> 00:22:14,333

Inhale, peeling up, bhujangasana or upward dog.

416

00:22:15,220 --> 00:22:17,143

Exhale, pressing back, downward dog.

417

00:22:19,800 --> 00:22:21,543

Inhale, extend the right leg up.

418

00:22:22,440 --> 00:22:26,620

Exhale, step it through in between the hands.

419

00:22:26,620 --> 00:22:29,250

Inhale, rise, nice deep lunge.

420

00:22:29,250 --> 00:22:31,890

Left knee can be to the floor, or left knee lifted.

421

00:22:31,890 --> 00:22:34,383

Exhale, bring the hands down to heart centre.

422

00:22:35,330 --> 00:22:40,330

Inhale, exhale, reach the chest forward,

423

00:22:41,720 --> 00:22:44,090

bringing the left hand down to the floor,

424

00:22:44,090 --> 00:22:46,170

right hand to the knee.

425

00:22:46,170 --> 00:22:49,520

Inhale, turn the right shoulder up towards the ceiling,

426

00:22:49,520 --> 00:22:51,030

reach your right shin forward,

427

00:22:51,030 --> 00:22:53,780

press your left heel back if you're on the toes.

428

00:22:53,780 --> 00:22:55,640

Left knee can come down to the floor,

429

00:22:55,640 --> 00:22:57,623

for a supported variation.

430

00:22:59,169 --> 00:23:01,180

You can stay with the right hand to the knee,

431

00:23:01,180 --> 00:23:04,603

or extending the right arm up towards the ceiling for three.

432

00:23:09,459 --> 00:23:10,292

Two.

433

00:23:12,380 --> 00:23:15,550

Exhale, the right hand back down to the floor.

434

00:23:15,550 --> 00:23:17,500

Step the right foot back.

435

00:23:17,500 --> 00:23:19,760

Press it back to downward dog or flowing,

436

00:23:19,760 --> 00:23:23,360

exhale, lower, chaturanga, hug the elbows into the waist.

437

00:23:23,360 --> 00:23:26,210

Inhale, bhujangasana, or upward dog.

438

00:23:26,210 --> 00:23:29,193

Exhale, pressing back, downward dog.

439

00:23:30,840 --> 00:23:33,003

Left side, inhale the left leg up.

440

00:23:33,900 --> 00:23:36,283

Exhale, step it in between the hands.

441

00:23:37,150 --> 00:23:39,023

Inhale, rise, nice deep lunge.

442

00:23:40,400 --> 00:23:42,153

Exhale, hands through heart center.

443

00:23:43,800 --> 00:23:45,990

Right knee can be to the floor, inhale.

444

00:23:47,250 --> 00:23:51,190

Exhale, tilt the chest forward, think of one long line

445

00:23:51,190 --> 00:23:53,470

from the heel of your right foot out

446

00:23:53,470 --> 00:23:55,620

through the crown of the head.

447

00:23:55,620 --> 00:23:57,780

Then exhale, the right hand down to the floor,

448

00:23:57,780 --> 00:24:00,650

left hand to the knee, lunging deep into your left leg,

449

00:24:00,650 --> 00:24:02,840

push back through your right thigh.

450

00:24:02,840 --> 00:24:06,380

Right knee can be to the floor for a supported variation.

451

00:24:06,380 --> 00:24:10,100

Inhale, turn the left shoulder up towards the ceiling.

452

00:24:10,100 --> 00:24:11,353

Exhale, stay.

453

00:24:12,460 --> 00:24:14,750

You can stay with the left hand to your thigh,

454

00:24:14,750 --> 00:24:18,173

or extending the left arm up for three.

455

00:24:22,790 --> 00:24:23,623

Two.

456

00:24:25,300 --> 00:24:28,050

Exhale, the left hand down to the floor,

457

00:24:28,050 --> 00:24:30,610

step the left foot back, downward dog,

458

00:24:30,610 --> 00:24:33,820

or through your flow, exhale, chaturanga,

459

00:24:33,820 --> 00:24:36,123

inhale, bhujangasana, or upward dog.

460

00:24:36,970 --> 00:24:40,263

Exhale, pressing back, downward dog.

461

00:24:42,070 --> 00:24:43,293

Take a deep breath in.

462

00:24:45,370 --> 00:24:46,713

Sigh it out.

463

00:24:48,760 --> 00:24:49,813

Deep breath in.

464

00:24:52,030 --> 00:24:52,893

Let it go.

465

00:24:55,200 --> 00:24:58,083

Slowly bringing the knees to the floor,

466

00:24:59,506 --> 00:25:02,240

taking the buttocks back towards the heels

467

00:25:02,240 --> 00:25:03,833

into your child's pose.

468

00:25:06,010 --> 00:25:08,100

And keep the arms extending forwards,

469

00:25:08,100 --> 00:25:10,543

or just let the hands rest down by your sides.

470

00:25:11,420 --> 00:25:13,153

Take a deep breath in, and out.

471

00:25:20,160 --> 00:25:22,830

Bring the hands back underneath the shoulders as you inhale,

472

00:25:22,830 --> 00:25:27,830

lift up, and slowly making your way to a seated position.

473

00:25:29,710 --> 00:25:32,930

Extend the left leg out in front of you,

474

00:25:32,930 --> 00:25:35,673

hug the right knee in towards your chest.

475

00:25:36,850 --> 00:25:38,940

Hug the arms around your right shin.

476

00:25:38,940 --> 00:25:42,980

Sit up nice and tall as you inhale, lengthen the spine,

477

00:25:42,980 --> 00:25:46,703

and hug your right leg with your left arm as you exhale.

478

00:25:47,940 --> 00:25:52,140

Take your right hand behind you, going onto your fingertips.

479

00:25:52,140 --> 00:25:54,660

Hug your left arm into your right knee

480

00:25:54,660 --> 00:25:55,640

and push your right knee

481

00:25:55,640 --> 00:25:57,810

into your left arm at the same time.

482

00:25:57,810 --> 00:26:01,160

Again, inhale, lift and lengthen up through the spine.

483

00:26:01,160 --> 00:26:03,690

Exhale, as you rotate.

484

00:26:03,690 --> 00:26:05,620

If it feels comfortable on the neck,

485

00:26:05,620 --> 00:26:09,390

you can gaze over the right shoulder, for four.

486

00:26:13,230 --> 00:26:14,073

Three.

487

00:26:17,470 --> 00:26:18,303

Two.

488

00:26:21,440 --> 00:26:25,510

One, inhale to look forward

489

00:26:25,510 --> 00:26:28,810

and gently releasing the right leg.

490

00:26:28,810 --> 00:26:30,760

Changing legs, bending the left leg in.

491

00:26:32,110 --> 00:26:36,220

Hug that right arm around your left shin.

492

00:26:36,220 --> 00:26:39,220

Inhale, lifting up nice and tall.

493

00:26:39,220 --> 00:26:44,170

So you exhale, rotate, taking the left hand down behind you,

494

00:26:44,170 --> 00:26:45,640

putting onto the finger tips, if you can.

495

00:26:45,640 --> 00:26:48,260

Inhale, lift up nice and tall,

496

00:26:48,260 --> 00:26:50,610

and exhale, turning the chest.

497

00:26:50,610 --> 00:26:51,540

If it's comfortable on the neck,

498

00:26:51,540 --> 00:26:54,750

gazing over the left shoulder, for four.

499

00:26:54,750 --> 00:26:58,420

Pressing the arm and leg into each other, for three.

500

00:26:58,420 --> 00:27:01,270

Breathing into the rib cage, two.

501

00:27:08,930 --> 00:27:13,930

One, inhale, looking forward, releasing the legs.

502

00:27:15,390 --> 00:27:20,090

Bring the legs in, creating a diamond shape with the legs.

503

00:27:20,090 --> 00:27:22,810

Feet together, knees out wide.

504

00:27:22,810 --> 00:27:25,930

Nice little diamond shape with the thighs.

505

00:27:25,930 --> 00:27:27,270

You keep the hands behind you

506

00:27:27,270 --> 00:27:30,710

and just work on lifting the chest up nice and tall.

507

00:27:30,710 --> 00:27:32,170

If it feels comfortable for you,

508

00:27:32,170 --> 00:27:34,180

bringing the hands onto the shins.

509

00:27:34,180 --> 00:27:35,310

If you take the hands onto the shins,

510

00:27:35,310 --> 00:27:38,800

just being mindful not to round through the upper back,

511

00:27:38,800 --> 00:27:42,319

but lift up and over the pelvis.

512

00:27:42,319 --> 00:27:43,770

Keep the hands to the shins,

513

00:27:43,770 --> 00:27:46,060

if you feel you've got a little bit more space,

514

00:27:46,060 --> 00:27:49,593

starting to move the belly and the chest forward.

515

00:27:52,010 --> 00:27:52,843

For four.

516

00:27:57,610 --> 00:27:58,443

Three.

517

00:28:04,040 --> 00:28:04,873

Two.

518

00:28:09,090 --> 00:28:13,130

One, inhale, lifting back up,

519

00:28:13,130 --> 00:28:14,910

take the hands underneath the knees,

520

00:28:14,910 --> 00:28:16,510

draw the legs together.

521

00:28:16,510 --> 00:28:20,140

Shuffle yourself forward and then slowly,

522

00:28:20,140 --> 00:28:21,330

using the hands for support

523

00:28:21,330 --> 00:28:24,270

as you make your way onto your backs.

524

00:28:24,270 --> 00:28:28,070

Take a hug of the right knee, in towards the chest,

525

00:28:28,070 --> 00:28:29,900

then the left knee in towards the chest,

526

00:28:29,900 --> 00:28:32,833

a little rock side to side, little circles one way,

527

00:28:33,897 --> 00:28:34,797

and the other way.

528

00:28:35,750 --> 00:28:37,140

You can either keep hold of the knees,

529

00:28:37,140 --> 00:28:40,060

bringing the knees alongside the waist.

530

00:28:40,060 --> 00:28:42,950

If you can, you can reach up to grab hold of your ankles.

531

00:28:42,950 --> 00:28:45,310

Grab hold of the little toe sides of the feet,

532

00:28:45,310 --> 00:28:47,250

coming into our happy baby pose.

533

00:28:47,250 --> 00:28:50,173

You can take a little  
rock, side to side, here.

534

00:28:51,150 --> 00:28:52,870

Think of drawing the shoulder blades down the back

535

00:28:52,870 --> 00:28:54,960

as the chest reaches up through the arms,

536

00:28:54,960 --> 00:28:57,933

pressing the hips backdown into the floor.

537

00:28:58,850 --> 00:28:59,683

For three.

538

00:29:04,883 --> 00:29:05,716

Two.

539

00:29:10,620 --> 00:29:11,453

One.

540

00:29:12,550 --> 00:29:15,960

Gently releasing, placing the feet to the floor,

541

00:29:15,960 --> 00:29:17,710

slightly wider than hip width apart.

542

00:29:17,710 --> 00:29:20,570

Take the arms out to the sides, palms facing down.

543

00:29:20,570 --> 00:29:22,000

A little windshield wiper legs,

544

00:29:22,000 --> 00:29:24,740

gently rocking the knees to the right,

545

00:29:24,740 --> 00:29:26,143

lifting back up to centre,

546

00:29:27,290 --> 00:29:28,823

rocking the knees to the left,

547

00:29:30,030 --> 00:29:31,995

lifting back up to centre,

548

00:29:31,995 --> 00:29:34,545

and just taking a couple more rounds, side to side.

549

00:29:43,530 --> 00:29:46,797

Coming back up to centre, give the hips a little wriggle.

550

00:29:46,797 --> 00:29:48,930

Let the hands rest down by your sides,

551

00:29:48,930 --> 00:29:50,010

with the palms facing up.

552

00:29:50,010 --> 00:29:53,810

You can let the knees draw in towards each other.

553

00:29:53,810 --> 00:29:56,280

If it feels comfortable for the lower back,

554

00:29:56,280 --> 00:29:59,310

maybe extending the legs out.

555

00:29:59,310 --> 00:30:02,110

Softly closing the eyes,

556

00:30:02,110 --> 00:30:04,343

and just allowing your body to settle here.

557

00:30:06,020 --> 00:30:08,153

Letting yourself sink into the floor.

558

00:30:10,660 --> 00:30:13,930

Taking a body scan from the toes to the crown of the head,

559

00:30:13,930 --> 00:30:16,623

notice if there's any unnecessary tension,

560

00:30:18,539 --> 00:30:19,739

and with the exhalation.

561

00:30:22,288 --> 00:30:25,633

You can stay here for as long as you can.

562

00:30:26,490 --> 00:30:28,700

If you're ready to move on,

563

00:30:28,700 --> 00:30:31,163

a little wriggle of the fingers and the toes.

564

00:30:32,420 --> 00:30:34,223

Gently rolling to one side,

565

00:30:36,320 --> 00:30:39,790

making your way back up to sitting.

566

00:30:46,327 --> 00:30:48,353

I hope you enjoyed your practice.