

TRANSCRIPTS

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Portable Yoga Practice - Introduction

Hello. My name is Paul. Welcome to our **Vinyasa** Flow Yoga Practice. Keep in mind I designed this practice for people who are already in a regular ongoing Yoga practice with a teacher, so this is not designed for Beginners, it is designed for people who are at the end of the Beginning stage, as well as people who are Intermediate or even Advanced Yoga practitioners.

And as always if you have any physical concerns you should consult with your physician first, just to make sure that you're not going to injure yourself in some of the physical work you'll be doing in this practice.

Ladies, if you happen to be in your Moon Cycle at this time, you might not want to invert into Shoulder Stand, so you can keep that part of the practice out, maybe resting in Child's pose or lying down on your back in **Supta Baddha Konasana** or going to a wall and taking your legs up the wall and relaxing in this position.

You will need a sticky Yoga mat to practice on, and if you are indoors, it's best to place the Yoga mat on a firm surface, however if carpeting is all that's available, you can certainly use that. If you happen to be practicing outdoors, say in a park or at the beach, you can place your sticky Yoga mat on grass, just try to place it on grass that is pretty low cut, and at the beach, make sure that you're on sand that is firmer rather than softer and you'll get a little more grip in your practice and a little more firmness in your stances.

Ideally Yoga is practiced in a warm environment, 80 degrees Fahrenheit or 27 degrees Celsius, so in the winter when it's cold you may need to turn on your heat, and something that I like to do is to put a pot of water on the stove and boil it, and this will bring some humidity and warmth to the room environment. Make sure also that you're practicing with enough clothes on to keep you warm, and that the clothes are loose-fitting enough that you can move freely. And make sure that you have enough space around when you're practicing. A good thing to do is to stand in the middle of your Yoga mat and reach your arms sideways and upward and forward and back, and this will give you a sense of the amount of space you need to practice safely and comfortably in.

And always, always remember as you practice Yoga, never strain. Yoga may feel *uncomfortable* at times, but it should never hurt. So if you're finding that you're not able to breathe smoothly and that muscles or joints are starting to strain or feel very very uncomfortable, back off. Modify. Take things easier. When you practice on a daily basis, your body's going to feel different each day, so what you were able to do

yesterday, you might not be able to do today. Please listen to your body on a daily basis, and listen for exactly what your body is telling you that it needs in those moments.

This practice that we're doing today is a more invigorating type of practice so it's ideally used in the morning, or maybe at a time when you really feel like you need a pick-me-up, or maybe in the middle of your afternoon. It includes some of the essential Yoga postures that you would find in a regular Yoga class, and it's intended to be brief enough so that you can do a little bit of Yoga every day. I've always felt that having a regular ongoing Yoga practice five or six days a week is far more beneficial in the long run than doing just one or two practices a week in a longer class situation.

And should you need further guidance with any of the poses, it's best if you consult with your teacher. Your teacher can give you a hands-on demonstration of what the poses should look like, and can also assist you in offering modifications that will work best for your body.

Also, you're welcome to contact us and we'll be very happy to assist you in any way that we can.

I wish you good health and much joy as you walk down the path of Yoga, and make this journey part of your daily routine. *Namaste.*

###

Portable Yoga Practice - 35 minute Version

0:00

Please come to the head of your Yoga mat and separate your feet hip distance apart, pointing your toes straight forward and taking your palms together in prayer position in front of your heart. Inhale the ***Ujjayi Pranayama*** (inhale), exhaling with sound out of your nose (exhale). Inhaling with sound through the nostrils (inhale), and exhaling with sound out of the nostrils (exhale). One more time inhale (inhale), and exhale (exhale). Wonderful. Now just relax, keeping the hands in prayer position, letting your breath relax and your belly soften. And open your eyes, gently gazing down along the nose. Soften your gaze.

1:02

One of my favorite pearls of wisdom comes from the classic Hindu text, the *Bhagavad Gita*, and it goes like this: this is Krishna, speaking to Arjuna, and Krishna says, "You have control over actions alone, never over its fruits. Live not for the fruits of action, nor attach yourself to inaction. Established in yoga, perform actions having abandoned attachment, and having remained balanced in success and failure. For balance of mind is called Yoga." So kindly keep that in mind as you practice today. Do the best you can in each posture, breathe as well as you can, and have a sense of abandonment, not attaching to the results of the work you're going to be doing in this practice. As always,

if you'd like to, dip your chin down and gaze into your heart and just make a silent dedication of your yoga practice, your yoga efforts today, maybe there's something springing up from your heart that in this moment you'd like to dedicate your efforts to. (pause)

2: 26

Wonderful. Lift your chin and open your eyes. Here we go. **Sun Salutation A.** Inhale take the **arms out and up** to the sky stretching, and exhale, **bow forward** take the **hands down to touch the shins, ankles, or maybe toes.** Inhale to **lift your head forward**, and exhale to **Downward Facing Dog**, place your hands down, step your feet back, and lift your butt up to the sky. Inhale to **Plank Position**, look forward, and exhale to **lower your knees, chest and chin** down to the floor. And then inhale to **Cobra**, sliding the belly, opening the upper chest, and then exhaling, tucking the toes under to **Downward Facing Dog**, lift your butt up. Inhaling with sound, and exhaling with sound for five full breaths. Inhaling with sound. Exhaling for two. Inhale with sound, exhale for three with sound. Inhale a long breath, exhale actively breathe it out with sound. One more inhale, to a complete exhale. Softly **bend your knees and look forward.** Inhale **walk all the way up to your hands.** Inhale **lift halfway up looking forward**, and exhale **bow, touch your toes** or as low as you can go. Inhale take your **arms out and up** to the sky, lift, and exhale **hands come back to your heart.** Wait for the inhale to take the **arms out and up** to the sky, and then exhale **bow forward** touching your shins, ankles or maybe toes. Inhale **lift your chest forward**, flatten your back, and exhale **Downward Dog** step your feet and lift your butt up to the sky. Again, inhale to **Plank Position** look forward, and exhale **drop your knees chest and chin** down. Inhale slide to **Cobra** pointing your feet, and exhale to **Down Dog** lifting your butt up. Inhaling with sound, exhaling for two. Inhale, exhale for three. Inhale to feel your spine lengthen, exhale to stretch your arms for four. Inhale again feel the spine lengthen, and exhale push your belly in for five, bend your knees and look forward. Inhale **walk up to your hands**, lift your chest forward and exhale bow, touch your toes or as low as you can go. Inhale arms out and up standing up stretch the arms to the sky, exhale hands in front of your heart. Third round, inhale arms sweep out and up, long spine, and exhale bow completely to the end of your breath. Look forward inhale a long breath in, **Down Dog** step back, lift your butt up to the sky. Inhale to **Plank Position**, if you'd like to, try **Chaturanga** exhale lower to the bottom of a push-up, and then inhale to **Up Dog** stretch the arms, and then **Downward Facing Dog**, when you're ready for five breaths, inhaling with sound, exhaling with sound for two, inhaling with sound, make sure the feet are hip distance apart three, inhale, try to point the toes straight forward four, inhale, and hide the heels behind your ankles five, softly bend your knees and look forward. Inhale walk up to the front of your mat, lift your chest **halfway up**, exhale **bow as low as you can go.** Inhale stand up **lift the arms up** to the sky, and exhale **hands to your heart.** Last round. Inhale **sweep the arms out and up** lift, exhale **swan dive forward** to the end of your breath. Inhale **lift halfway up** stretch your spine, **Downward Facing Dog** step back. Moving through the pushup sequence: inhale **Plank Position**, look forward, exhale lower knees chest chin or **Chaturanga**, inhale **Cobra** or **Up Dog**, then exhale **Downward Facing Dog** for five breaths. Inhaling with sound, exhaling with sound for two. Inhaling, turning the tail bone to point up at the

sky for three, inhaling, again turn the tail bone to point up at the sky for four, inhale, stretch the backs of your legs five, **bend your knees and look forward**, inhale walk up to the front of your mat, **lift your chest halfway up**, and exhale **bow as low as you can go**. Inhale **arms out and up**, reach for the sky, and exhale **hands in front of your heart**.

7:57

Sun Salutation B. Bend your knees, drop your butt, reach your hands down. Inhale lift the hands up along your ears **Chair Pose**, exhale swan dive to **Standing Forward Bend**, touch your toes maybe, inhale **lift your chest forward**, exhale to **Chaturanga** step your feet back right away, lower your chest, bend your elbows. Then inhale **Cobra** or **Up Dog** if you want to stretch the arms, exhale to **Downward Facing Dog** when you're ready. Step your right foot forward, put your back foot down flat, and inhale lift your arms up **Warrior One**. Exhale open to **Warrior Two** face the side. Inhale lift your right arm up to the sky **Reverse Warrior**, exhale cartwheel to **Downward Facing Dog**, step your right foot back. Here we go, through the pushups: inhale Push Up position look up, exhale knees chest and chin or **Chaturanga**, and then inhale open to **Cobra** or **Up Dog**, and then push to **Downward Facing Dog** when you're ready. Step your left foot forward, pivot your back heel down on the mat, and inhale lift the arms up for **Warrior One**, exhale face the side for **Warrior Two**, inhale lift the left arm up to the sky, cartwheel to **Down Dog** as you exhale, step the left foot back. Push Up Sequence, inhale **Plank Position** look forward, exhale lower down **one of the two ways**, inhale open the chest low or high, and then push back to **Downward Facing Dog** when you're ready for five breaths, inhale, exhale completely for two, inhale, try to turn the tail bone up to the sky three, inhale, now try to melt your heels back and down into the floor four, inhale, stretch the backs of your legs five, bend your knees and look forward. Inhale walk all the way to your hands, lift your chest halfway up, and exhale **bow touch your toes** or as low as you can go. Bend your knees, drop your butt inhale arms up along the ears, exhale stand up straight **Tadasana/Mountain Pose** - hands at heart. Bend your knees drop your butt inhale lift the arms out and up, exhale swan dive forward. Touch your toes or as low as you can go. Inhale lift halfway up, lengthen your spine, exhale **Chaturanga** step back right away bend your elbows lower your chest down, inhale open the chest low or high, exhale **Downward Facing Dog** lift your butt up. Step your right foot forward, turn your back heel down flat, inhale sweep your arms up to **Warrior One**, exhale face the side to **Warrior Two**, inhale right arm lifts up, exhale **Downward Facing Dog** one long breath, inhale **Push Up Position**, exhale lower your chest, inhale **Up Dog**, and then exhale **Downward Facing Dog**. Step your left foot forward, turn your back heel down flat inhale arms up for **Warrior One**, exhale face the side for **Warrior Two**, inhale lift the left arm up long breath in, exhale **Downward Dog** long breath out, step the left foot back lift your butt up. Okay, push up. Inhale come to **Plank Position**, exhale lower down bend the elbows, inhale open the chest, and then push the butt back to **Downward Facing Dog** when you're ready for five breaths, inhaling with sound, exhaling with sound for two, inhaling with sound, feeling that from the inside of your shoulders to the inside of your wrists three, breathing in, you're making a nice long line four, one more breath, stretch your arms five, bend your knees and look forward, inhale walk up to your hands **lift your chest halfway up**, and exhale

bow as low as you can go. Bend your knees drop your butt inhale arms up along the ears, and then exhale stand up hands to your heart.

12:25

And now we'll do a few postures sitting down on our Yoga mats. So in any way that feels comfortable and convenient for you, come and sit down in the middle of your Yoga mat and extend your legs out in front of you. We're going to start with **Stick Pose**, one hand at a time remove the buttock flesh out of the way so that your sitting bones can pierce down into the Yoga mat and you can sit up straight. Keep your gaze steady at your toes. Then place your hands down at the side of your body and flex your feet turning your toes up to the sky. We'll take five breaths here. Inhale to lengthen your spine, and exhale to empty the breath out of your belly. Inhale to lengthen, slightly pull the toes back towards your nose. Inhale lengthen, feel the backs of your knees spread a little wider. Inhale to lengthen, keep your gaze steady at your toes. And one last breath inhale, and exhale completely. Moving on to **Forward Bend** inhale look up at the sky, and exhale bow forward take your hands to the backs of your knees or calves or ankles or **Yoga Toe Lock** - if you'd like to try Yoga Toe Locking, take your first two fingers in between your big and your second toes, hooking your big toes with those two fingers, and then inhale lift your heart up stretch your arms, exhale bow forward for five breaths one, inhale to lengthen your spine, again gaze at your toes or your ankles two, inhale to lengthen, bend the elbows slightly more out to the side three, inhale to lengthen, as you bow forward, firm the muscles of your thighs four, one last breath inhale, and exhale bow completely forward five. And inhale lean back, exhale **take your hands about a foot behind you with the fingers facing forward, and stretch your feet pointing your toes forward.** Keep your seat down, inhale just lift and open your heart, and if you wish to, exhale **lift your butt off the Yoga mat** extending the front of your body long, we'll take four more breaths here, inhale to lengthen, exhale try to point your toes to touch the Yoga mat, inhale to lift your butt slightly higher, if it feels good **hang your head back** looking behind you, two more breaths inhale lift just a little higher, exhale stretch your legs, point your feet, one more breath inhale, and then exhale come and sit down.

15:33

Moving on to **Janu Sirsasana**, bend your right knee, step the foot back and drop the knee out to the side, placing the foot on the inside of your left thigh, knee, or calf. Take your left hand under the flesh of your buttock and move it off to the side so that your left sitting bone can sit down firmly. Just take your right hand outside your left knee and place your left hand behind your back on your Yoga mat, just sit up straight for a few moments, inhale to sit up straight, and then exhale just slightly twist your spine looking leftward. Now then look forward, slide your right hand along the side of your left leg, and then take your left arm up and over your right arm holding the inside of your leg. We'll take our five breaths here. Inhale to lengthen your spine, exhale to bow forward over your left leg. Inhale to lengthen, try to align your chest over your thigh as you bow. Inhaling to lengthen, sending your chin towards your pinky toe. Enjoy two more breaths lengthening, bowing forward just a little more, and one last breath, stretching the leg just a little more as you bow forward. At the end of the exhale lean back, and then place

your hands behind you, stretch your right leg forward, we'll **take the other side**. Bend your left knee back, drop the knee down to the side, place your foot on the inside of your thigh, knee, or calf. Then take your right hand to move the flesh of your buttocks out of the way, so that your right sitting bone can really firmly sit on the Yoga mat. Take your left hand outside your right knee, and place your right hand behind your back down on the Yoga mat. Just sit up straight here, inhale to lengthen, and then a gentle twist to the right side of the room, and then look forward at your foot. Let that left hand slide along the side of the leg as far forward as you can, and then take the right arm up and over that left arm, grab the inside of your leg. Here we go, our five breaths: inhale to lengthen, exhale to bow forward for one, inhale to lengthen your spine, if it feels comfortable, bend the elbows a little more to the side two, inhale, a slight twist so try to drop your heart over your knees three, inhale sending your chin toward your pinky toe four, enjoy one last breath in, and the breath out five. Inhale to lean back, place your hands down at your sides, exhale extend your left leg forward. Just lean back on your hands a bit, inhale open your heart up one more time point your feet, and then exhale come and sit up straight.

18:48

We'll take a **Seated Twist**. So step your right foot back bending your right knee, place the foot just around the inside of your thigh, knee, or calf, again place it in a spot that will allow you to sit up straight. Then anchor your right hand down behind you on the Yoga mat, what feels good is if you come to the fingertips so that you can bend your back elbow a little more. Then inhale lift your left arm up to the sky, and then exhale just grab your right knee with your hand. If this feels as far as you can go, stop here. If you think you can do so, you can also place your left elbow outside your right knee. And we'll take our five breaths here. Inhale to sit up straight, and then exhale to twist your belly towards your thigh. Inhale to lengthen a bit more, exhale slowly twist your heart towards the side wall. Inhale to sit up straight, exhale to flex your front foot - your left foot - toes up to the sky, inhale twist a bit farther but make sure your right tushy is pushing down into the Yoga mat, and then one last breath inhale, gaze beyond the back shoulder exhale. And then inhale turn your head forward, exhale stretch your right leg forward. **Change sides**. Step your left foot back bending your left knee. Place the foot where it feels comfortable, then place your left hand down behind you for anchoring, inhale right up arm up to the sky, and then exhale grab the knee or place your elbow outside the knee, it's your choice. Our five breaths here again: inhale sit up straight, exhale twist your belly towards your thigh for one, inhale slowly take your heart to face the side wall two, inhale extend your front heel forward three, and inhale start to gaze back over your back shoulder four, one last breath lengthen, twist yet sit up straight five, wonderful. Inhale to gaze forward. And exhale release your left leg forward.

21:17

We're now going to move on to **Bridge Pose**. So bend your knees, step your feet back and then lie down on your back. Place your feet close to your sitting bones, extend your arms along the side of your body. A good guide here is that if your fingertips are

touching or very close to your heels, then that should be the proper amount of space between your heels and your buttocks. Keep your feet open hip distance apart, turn your palms to face upward, push the backs of the arms down into the Yoga mat, and inhale lift your butt off the Yoga mat, and exhale to pause. Rock from shoulder to shoulder one at a time, until your shoulder blades can come underneath your heart and your arms come slightly closer together. When you can no longer bring the arms closer together, you're welcome to then interlace the fingers underneath your buttocks. As you inhale, stretch your knees beyond your toes, exhale try to lift your butt higher. We'll take four more breaths here. Inhale to lengthen your spine, exhale to lift your butt higher, inhale to puff up your heart nice and big, exhale to press the back of your head down into the Yoga mat, one more time lengthen your spine, and lift your buttocks higher off the Yoga mat, last breath here inhale, and then exhale come and sit down very very slowly. Once your butt is down on the Yoga mat, grab your knees with both hands and gently rock your knees from side to side massaging out your lower back. And then stop and then holding your knees with your hands, rock gently forward and back until you can roll forward to your seat.

23:11

We're going to prepare for **Shoulder Stand** this way. Lie down on your back with your knees bent to your stomach and your arms extending along the side of your body, place your hands down. Gently, very gently roll back and forward, inhaling lifting the knees towards your face, and then exhaling rocking forward maybe almost sitting up. And then going back and forth inhaling, and exhaling rolling forward. If it's going to feel comfortable for you to do so, inhale roll back and rest on your shoulder ledge for just a few moments. Keep the knees softly bent by your face. Now keep in mind if this is not feeling comfortable at this point, just drop down onto your back, keep the legs up to the sky, and take your hands to the backs of your knees. Otherwise, if you think you can rise your butt higher, resting comfortably on your shoulder blades, rock from side to side getting the arms closer together behind your back, and then finally bend your elbows place your hands on your lower back or your buttocks. To modify the pose, keep the knees softly bent over the face area; if you feel comfortable enough to do so, extend the legs high up to the sky, and we're going to be here for approximately sixteen more breaths, so maybe about a minute and a half or so. If at anytime in this Shoulder Stand practice you need to come out of it, absolutely feel free to drop your knees down to your face and roll down onto your back. Otherwise, find a gaze point, it can be at your belly, thighs, or toes. Keep your breath steady and unstrained. At any time here if you feel that you can lift even higher go ahead and do so, maybe taking your hands down to the middle of your back. When we practice Shoulder Stand, as always of course keep the breath smooth and rhythmic, you want to go deeper within your essence, within your being, so focus and concentrate. If there are any variations to the legs that you'd like to take, feel free to take them now for the last eight breaths. But don't let the movement of the legs allow your concentration to waver. (pause) Five more breaths. (pause) Focus. (pause) Concentrate. (pause) Ease. (pause) Lightness. (pause) As you exhale slowly drop your knees down to your face area. Now you can just rest here if this is all that feels comfortable.

26:05

If it feels OK, **Plow Position**. Extend the legs over your head, extend your arms straight behind your back, and try to touch your toes down to the Yoga mat behind your head. Three more breaths lengthen, and exhale stretch the backs of your knees. Inhale to sit your butt up on the sky, and exhale completely one last breath. And exhale roll down onto your back.

26:36

Keep your legs up to the sky preparing for **Matsyasana**, extend your arms along the side of your body. And then rock your butt from side to side until you can partially sit on your arms, and your thumb tips are touching and your seat is on the back of your hands or wrists. And then slowly drop your legs down to the Yoga mat in front of you. Then rise your shoulders and chest up off the Yoga mat, take the time to get the elbows closer together underneath the back of your heart, and then here we go, inhale puff up your heart, and exhale extend your chin back and drop the top of your head down to the Yoga mat for five breaths, inhale open your heart, exhale stretch your chin away from your toes. Inhale to open your heart. Exhale extend your toes away from your chin. Inhale big spacious heart. Exhale to push your belly in. Inhale, sit down firmly on your hands. One last lengthening breath in, exhale extend farther and then inhale lift your head look at your toes, release your arms from underneath your body, take your hands to grab your knees and rock from side to side.

28:05

And then place your feet down on your Yoga mat with the knees bent to the sky, extend your arms out to the side of your body, **drop your knees down to the right**, look over your left shoulder, take a nice lengthening breath in, and sigh the breath out (sigh). And second side lift the knees up, **drop them down over to the left**, look over your right shoulder, again take a nice lengthening breath in, and then sigh the breath out (sigh). And then inhale lift the knees up...

28:55

...and now we'll prepare for **Savasana**, so extend your legs forward, straightening your legs, open your legs so that your feet are as wide as your Yoga mat, take the arms along the side of your body, your hands might be a foot to two feet outside your waist, turn your palms to face up, pin your shoulders down, puffing up your heart, and then sink every so lightly down to your Yoga mat for final relaxation. We'll be here for approximately two minutes longer.

So **Savasana**, final relaxation, it's one of the most important postures in your Yoga practice. It's the posture where you practice teaching your body, your mind, to let go and surrender.

Feel your entire right leg become very heavy.

Feel your entire left leg become very heavy.

Feel your seat sink heavily down into the earth.

Have such a softness in your belly as if you had no cares in the world.

Allow the space around your heart to remain open.

Feel your entire right arm sink heavily down into the earth.

Feel your left arm sink heavily down into the earth.

Keep your fingers soft, as if the hand of a child were resting in your palms.

Relax your throat.

Relax all the muscles on your face.

Feel the skin on your scalp relax.

And I'm going to give you thirty more seconds of silence to surrender deeper.

(pause)

32:00

Very good. Now as you inhale, inflate your belly up to the sky, and exhale deeper, dropping your belly down into the earth. Then go ahead extend your arms up along your ears, stretch your big toes together, inhaling a long breath, and then exhale bend your knees, step your feet back, and roll to lie on the right side of your body. Surrender here for just a few moments, it should feel good. Feel like your body is sinking safely down into quicksand. And using as little effort as possible, slowly rise yourself up to face the front of your Yoga mat, come to cross your legs in **Half-Lotus**, **Full Lotus**, or simply **cross the ankles** one in front of the other. Take your hands down to your thighs or your knees and sit up nice and tall, opening your heart, with your eyes closed gaze out at a beautiful horizon. Sit in meditation for just a few moments longer, soften your belly, allowing the thoughts to just float in and out of your mind, not sticking to your mind in any way, taking a step back to observe life.

(pause)

33:58

I wish to thank you for allowing me to share Yoga with you today. I certainly hope that as you go out into your day, that you can use the wisdom of the *Bhagavad Gita*: just take the best efforts you know how to in each moment, surrender the results, and your life should be blissful. If you'd like to place your palms together in front of your heart and bow forward and say *Namaste*, I honor you by bowing with you as well. *Namaste*.

###

Portable Yoga Practice - 25 minute Version

0:00

Welcome to your Yoga practice today. Stepping to the front of your Yoga mat into **Mountain Pose** keeping your feet hip distance apart, pointing your toes straight ahead. Place your palms in prayer position in front of your heart, three **Ujjayi Pranayamas** (inhale - exhale), breathing in with sound (inhale) and breathing out with sound (exhale). Calming down your mind. Now just relax for a few moments, soften your belly.

0:45

One of my favorite pearls of wisdom comes from the classic Hindu text, the *Bhagavad Gita*. In it, Krishna is speaking to Arjuna, and he says, "You have control over actions alone, never over its fruits. Live not for the fruits of action, nor attach yourself to inaction. Established in yoga, perform actions having abandoned attachment, and having remained balanced in success and failure. For balance of mind is called Yoga." If you'd like to take a moment to make a dedication of your Yoga practice today, bow your head, gaze into your heart, and make an offering to something from your heart. (pause)

1:45

Salutation A. Lifting your chin, gazing at the horizon. Inhale sweep the **arms out and up** to the sky overhead, exhale **bow forward to touch your shins, ankles, or toes**. Inhale to **lift your chest forward**, exhale to **Downward Facing Dog**, stepping or jumping back. Inhale to **Plank Position**, look forward, exhale to either **knees, chest and chin or Chaturanga**. Inhale to **Cobra or Upward Facing Dog**, and exhale to **Downward Facing Dog** for five breaths. Inhaling, exhaling for two. I'll breath with you here (inhale), exhaling for three (exhale). Breathing with sound in (inhale), breathing with sound out for four (exhale). Keeping the **Ujjayi Pranayama** (inhale), exhaling for five (exhale). Bend your knees and look forward. Inhale **walk or jump to your hands, lift your chest forward**, and exhale **bow**. Inhale **arms out and up** stretching overhead, and exhale hands to your heart. Inhale arms out and up Upward Facing Hands, exhale bow forward. Inhale lift your chest forward to prepare, exhale Downward Facing Dog, step or jump back. Inhale to **Plank Position** look forward, exhale lower down bend your elbows. Inhale open your chest, and then exhale to **Downward Facing Dog** for five breaths inhaling - exhaling for two - inhaling with sound - exhaling to stretch your arms for three - inhaling with sound - exhaling with sound for four, stretch your arms a little more - inhale with sound, exhale with sound for five - bend your knees and look forward. Inhale walk or jump to your hands, look forward, and exhale and bow. Inhale stretch your arms overhead standing up, exhale hands to your heart. Third Round inhale sweep the arms out and up, exhale to forward bend. Inhale lift your chest prepare, exhale to Down Dog step or jump back. Inhale to Plank Position look forward, exhale bend your elbows lower your chest. Inhale open your chest low or high, and then Downward Facing Dog for five breaths, inhaling - exhaling actively for two - inhale to lengthen your spine, and actively exhale for three - inhale to create space along your rib cage, and then exhale to empty your belly four - one more

breath in, exhale five, bend your knees and look forward, inhale walk or jump to your hands, look forward, and exhale and bow. Inhale arms stretch overhead standing up, exhale hands to your heart. Last round, inhale sweep the arms out and up, exhale bow forward, **Standing Forward Bend**. Inhale lift your chest forward, exhale **Downward Dog**, step or jump back. Inhale **Plank Position** look forward, exhale **Chaturanga** lower your chest. Inhale open the chest, Upward Facing Dog, exhale to Downward Facing Dog for five breaths, inhaling - exhaling for two - inhaling to lengthen, feel your tailbone point upward at the sky three, inhale - feeling like the front of your hips are dropping to your thighs four - one more breath - completely exhale five, bend your knees and look forward. Inhale walk or jump to your hands, look forward, and exhale bow. Inhale rise your arms out and up to the sky, and exhale hands to your heart.

06:14

Sun Salutation B. Bend your knees, drop your hips, reach for the floor. Inhale lift the arms up along your ears, exhale swan dive to **Standing Forward Bend**. Inhale to look forward. Exhale Chaturanga, step or jump back lower your chest right away. Inhale open the chest, and then Downward Facing Dog. Step your right foot forward, back foot down, inhale arms up to the sky for Warrior One, exhale face the side for Warrior Two. Inhale lift the right arm up for Reverse Warrior, exhale to Chaturanga hands down, step back, lower your chest. Inhale open your chest, and then Downward Facing Dog. Left foot forward, back foot down flat, inhale arms rise up for **Warrior One**, exhale open to the side for Warrior Two. Inhale left arm up Reverse Warrior, exhale Chaturanga, one breath out, bend your elbows lower your chest. Inhale open your chest, push back to Downward Facing Dog for five breaths, inhaling - exhaling for two - inhaling - feeling like your tail bone is pointing right up at the sky three - inhaling - and now feel your heels melt back and down to the Yoga mat four - one more breath - complete exhale five, bend your knees look forward. Inhale walk or jump to your hands look forward, and exhale bow. Bend your knees, drop your hips, inhale arms up along the ears, exhale **Mountain Pose**, hands to the heart. Second round, bend your knees drop your hips, inhale arms up, exhale bow forward Standing Forward Bend. Inhale look forward to prepare, exhale Chaturanga step or jump back bend your elbows. Inhale open your chest, and Downward Facing Dog lift your butt. Step your right foot forward, back foot down, Warrior One, exhale Warrior Two. Inhale Reverse Warrior, exhale Chaturanga lower your chest. Inhale Up Dog, exhale Downward Facing Dog. Left foot forward, back foot down, inhale Warrior One, exhale Warrior Two. Inhale Reverse Warrior, exhale Chaturanga, step back lower your chest. Inhale Upward Facing Dog, exhale Downward Facing Dog for five breaths, inhaling - exhaling for two - inhale again to lengthen your spine, gaze back between your legs for three, inhaling - find one spot between your legs to gaze at four - inhale, keep your eyes steady for five - bend your knees and look forward. Inhale walk or jump to your hands look forward, and exhale bow. **Chair Pose**, bend your knees drop your hips inhale arms up, exhale **Tadasana** hands to your heart.

09:52

Now we'll come down to our Yoga mat to do our seated postures, so sit yourself down in the middle of your mat, extending your legs out in front of you for **Stick Posture**,

hands press down at the sides of your seat on the Yoga mat, keep your eyes steadily gazing at your toes. Five breaths, inhale sit up straight, and exhale pull your toes back to your nose, inhale to lengthen your spine, exhale to actively press the breath out of your belly, inhale to lengthen, feel the backs of your knees spread a little wider, inhale, feel your shoulders melt down your back - one last breath inhale sit up nice and tall, exhale keep gazing at your toes.

10:47 (**Forward Bend**)

Moving on, inhale look up at the sky, exhale grab the backs of your knees, calves, ankles or Yoga Toe Lock, look up inhale, exhale bow forward for five breaths one - inhale lengthen your spine - exhale gazing at your toes or ankles two - inhale, stretch your heart towards your ankles three - inhale, as you bow firm your thigh muscles four - exhale one last breath in, and exhale the breath completely bowing forward five.

11:34

Moving on inhale look up at the sky, exhale place your hands about a foot behind you, fingertips pointing forward, point your toes forward, inhale lift your heart up, and exhale lift your seat up off the mat for five breaths one - inhale, stretch your toes down to the Yoga mat for two - inhale, lift your seat higher for three - if it feels good, drop your head back for four - one more deep breath, and exhale sit all the way down five.

12:16

Moving on to **Head to Knee Pose**, bend your right knee out to the side, place the foot on the inside of your leg, hands on either side of your front leg, inhale lift your chest high, and exhale bow to grab your front knee, calf, ankle, or foot. Inhale to lengthen your spine, exhale bow your chin toward your pinky toe for one, inhale lengthen - keep your heart dropping over your thighs two - lengthen - activate your left leg three so stretch the heel forward - lengthen - a little farther forward four - one last breath, and exhale to the end of your breath five, and then inhale sit up straight. Exhale stretch your right leg forward, bend your left knee back, drop the knee to the side, arms on either side of your front leg, inhale and exhale bow to grab your front leg wherever you'd like to grab it. Five breaths inhale lengthen, again stretch your chin toward your pinky toe for one, and lengthen - drop your heart over your thigh for two - lengthen - activate your right leg for three - lengthen - reach your heart toward your ankles for four - one last breath lengthen - and bow to the end of your breath five.

14:15

And moving on, inhale lean back, exhale extend your left leg forward, **Seated Twist** - step your right foot back, bending the knee up to the sky, take your right arm down behind you, inhale left arm up, and exhale grab the knee or elbow outside the knee - five breaths, inhale sit up straight, twist your belly to your thigh for one - lengthen - twist your heart towards the side wall for two - lengthen - activate your front leg for three - and sit up straight, twist a little farther looking back over your shoulder for four - one last breath - see the horizon far behind you for five - and then inhale gaze forward. Change sides. Extend your right leg forward, step your left foot back, bending your knee to the sky, left arm presses down behind your back, inhale right arm up, exhale twist to the

left, five breaths - inhale sit up straight - exhale twist your belly to your thigh for one - and lengthen lift the front of your heart up - and then feel your heart twist towards the left wall for two - and lengthen - activate your front leg, your right leg, for three - and lengthen, start to gaze out of the corners of your eyes for four - one last breath lengthen, and gaze comfortably behind you for five. Inhale to look forward, and exhale extend your left leg forward.

16:13

Moving on to **Bridge Pose**, come and lie down on your back, bending your knees, stepping your feet closer to your seat, and turn your palms up, press the backs of your arms down, inhale lift your butt up, wiggle from side to side and interlace your fingers under your buttocks if you wish to, five breaths inhale lengthen - exhale reach your knees beyond your toes - and then inhale to lift your butt higher - and exhale to empty the breath - inhale inflate your heart - maybe lift your seat higher - lengthen - gently press the back of your head down into the Yoga mat - one last expansive breath in, open your heart - and then exhale come and sit down.

17:09

And then grab your knees with your hands, gently rock from side to side, and then start to rock forward and back until you're on your seat. Sit up straight, and then here go into your **Shoulder Stand** practice, so roll back onto your shoulder ledge, and when you arrive there rock from side to side getting your arms closer together behind your back, placing your hands on your buttocks or your lower back, and extend your legs up to the sky, we'll be here for approximately another minute and fifty seconds, so at any time do any of the modifications - again, if you need to come down onto your back, and just extend the legs up to the sky and hold the backs of your legs, you're welcome to do that. If there's a position you'd like to place your legs in, go ahead and take it. But again, always steady, smooth, unstrained breathing, gazing comfortably upward, focusing your attention on one spot, moving your attention deeper within your being, smooth, rhythmic breathing. Approximately eight more breaths. (pause) Never strain. Lightness and comfort. (pause) One last breath everyone.

19:27

The end of your exhale, drop your knees to your face, **Halasana/Plow Pose**, extend the legs over the head, stretch your arms behind your back, four more breaths, try to sit your tushy nice and high up onto the sky as you drop your toes down over your head. Smooth breathing. (pause) Two more breaths. (pause) Unstrained.

19:58

At the end of the exhale, roll down into **Fish Position/Matsyasana**, go ahead lift your shoulders and chest off your Yoga Mat, extend your heart up, chin reaches back, drop the top of your head down. If there are any positions that you'd like to take your legs in, go ahead and do so. Now three full breaths - open your heart - sit firmly down on your arms - open your heart - extend your chin behind you - one last breath in - gaze far behind you - and as you inhale, lift your chin to your chest, gazing forward...

20:42

...go ahead grab your knees with both hands, and gently rock from side to side, just massaging out your lower back, and come to a very **Gentle Twist** here, just place the feet down on your Yoga mat with the knees bending to the sky. Extend your arms out to the side, drop your knees to the right, and look over your left shoulder. Take a nice breath in, and sigh the breath out (exhale/sigh - pause). Change sides. Lift the knees up over to the left, look over your right shoulder, take a nice full breath in, and sigh the breath out (exhale/sigh - pause).

21:37

And then extend to **Savasana**. Center your body on your Yoga mat, aligning your spine straight, come to a comfortable relaxation pose. (pause) You don't have to breathe actively here, allow your belly to just rise and fall with the needs of your breath. Allow your entire being to sink down into the earth, allowing the earth to support you, knowing that the earth is always there to support you, you just have to surrender to it. As you scan your body, if there's any tension you sense that you're holding onto, see if you can let it go.

Now I'm going to give you approximately another minute in silence for you to enjoy the unfolding of your essence in *Savasana*.

(pause)

23:59

Wonderful. Now inhale, stretch your arms over your head, stretch your big toes together, and exhale bend your knees, walk your feet back, roll to lie on the right side of your body, allow yourself a moment of bliss here, resting, sinking, releasing. (pause) And then gently rise yourself up, face the front of your mat for meditation practice for a few moments, arrange your legs in any way that you'd like to. As you sit up straight, open your heart. Observe. Step back. Allow - for these few moments. (pause)

Wonderful. As you go into your day, I certainly hope that you will remember the wisdom from the *Bhagavad Gita*, just perform the best actions you know how to in each moment, surrender attachment to whatever results may come, and you will experience bliss. If you'd like to join me in paying honor to each other, place your palms together in front of your heart and bow forward. *Namaste*.

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