

## STEWART'S CARING PLACE YOGA WITH ANNE

Anne hosts instructional yoga video

### **Narrator: (Anne)**

Hi I'm Anne. I teach yoga at Stewart's Caring Place. We're doing a 20-minute gentle yoga practice. So create a space where you can relax have your mat out and possibly have a blanket close by if you prefer a blanket for your yoga practice. Let's find a comfortable way to sit so you can sit cross-legged you can also choose to have one leg or even both legs out. Finding your best way to sit. Let's sit tall, soften the shoulders down the back gentle head circles slowly circle around the head stretching out your neck. Think of warming the muscles around the neck and take head the opposite way being gentle and thoughtful and as you loosen the neck notice your breath one more circle around and re-center your head right on top of the spine. A little twist now to the right. So twist to your right and twist to the left add breath that inhale center exhale and twist inhale center exhale twist inhale back to center then exhale. Side stretch to the right breathe outside stretch right inhale exhale side stretch left inhale rise exhale over inhale lift one more to the left exhale inhale both arms down, sitting tall. Hold on to the top of the knees or if the legs are out in front hold on underneath the knees. Breathe out and round the spine breathe in lift the heart shoulder blades together exhale abs pull in round inhale lift up breathe into the chest exhale back inhale lift and open exhale inhale one more exhale inhale sit up as tall as you comfortably can and then rest the hands on the legs. So you've got that tall spine, grounded base... close your eyes or lower your gaze and move attention to breath. So follow your breath in and out. Slow the breath down let breath be the main focus breathing in and out Take that slow calm breath with you and move to a hands and knees position. So starting with the right leg extending straight back, toes on the floor, press the heel back, stretch out the right calf, and then back off of it. So press back push into the heel and back off. So just rocking back and forth, stretch out that calf muscle, bring the weight into the hands and lift the leg up, hold tighten the abdominal muscles and the left finger so opposite hand the left fingers crawl forward and fingers can stay on the floor or lift the arm. Think of lengthening, stretching long and breathe. Hand down, knee down, left side toes on the floor and start with that rocking in and out, continuous breath the whole time, stretch in and out shift weight into your hands, lift the left leg tighten up at your center, right arm can either extend forward or fingers lightly touch in front. Push into the ground with the left hand, nice and long, long through the body and then hand down knee down. Right arm will lift up, so take a breath in open exhale twist and reach underneath, thread the needle inhale bring it up stretch open exhale think of wringing out the body, reaching through inhale lift back up one more exhale through inhale lift up hold it up hold it up put a bend in the elbow and the circle the elbow around loosen up the shoulder reverse and stretch the arm up once more hand down. Left side inhale left arm up exhale twist it through reach inhale up and open exhale reach through inhale exhale. Let's reach up one more time and you'll reach for the ceiling keep breathing and circle around your elbow. Let's go the opposite way and both hands back down. Moving to standing let's pass through downward dog and then

walk to forward fold then these roll up to stand. As you come into Mountain Pose, just a small space between the feet, palms shine forward. Let's take the shoulders up bring the shoulders back and down. Big breath in here and complete breath out inhale fill exhale empty inhale arms up keep the palms facing forward thumbs reach towards each other exhale back down inhale lift arms up palms facing front exhale. On this breath out, bend the knees chair pose, inhale lift up exhale chair breathe in breathe out, inhale all the way up and pause, cactus the arms and then pull the elbows back, lift the heart, little backbend, little upper back bend inhale exhale one more inhale pull those elbows back another inch as you exhale close your forearms inhale open the forearms exhale close inhale open exhale close inhale open one more breathe out inhale open the elbows as you exhale chair pose again, pull the hands down, palms forward, lengthen through the spine, shift weight into your heels inhale rise, hands full down through center, stand as tall as you can in Mountain Pose tree pose, lift up your right heel, turn the heel out and have it gently touch the outside of your, your ankle, so most of the weight shifts into that left leg, as tall as you can. Find one spot to fix your eyes, feel the breath move in and out have a calm approach to your balance. You can choose to lift your foot up a little higher or keep your toes resting on the ground, full breath and then V the arms, continue that breath and out and draw hands back to heart center, both feet down return to Mountain Pose. Come back to the center, reset, and the other side. So lift up that left heel turn it out and feel that right foot press down to the ground grow tall, feel the breath that will help keep you in the present. You can fine-tune the pose, the foot could go in a different position and then arms have the option to V, breathing in and out and come back to heart center, return to Mountain Pose inhale exhale inhale exhale. Let's step out wide and into star. So palms are forward, arms extend, ground down into the feet, take a huge inhale exhale inhale and then Warrior Two. Let's turn out the right foot then the right knee, then gaze over, gaze over your fingers, arms reach apart, arms reach apart and then as you exhale side angle. So right elbow to right knee, reach the arm up and over. Reverse Warrior, so legs stay the same, left hand, left leg reach up. We'll do that two more times breathe out breathe in exhale. Return to Warrior Two inhale Star Pose open and then other side, turn out the left foot, bend the left knee, Warrior Two, eye gaze over left hand, side angle, left elbow down, reach up and over. Reverse Warrior, right hand right leg and two more exhale reach inhale left exhale extend inhale lift return to Warrior Two, extend the arms away inhale star open up breathe out wide leg, forward fold, lower down. Allow the head weight to hang heavy and breathe arms out to the side lift up star and then walk the feet back together. Mountain Pose. Taking it back to the floor, we'll bring the hands down, bend the knees, step back into hands and knees and then pull the feet around in front and then we'll lie down on the back. So rolling down pull the feet in a little closer to the hips, breath in to prepare breath out, lift to bridge, push shoulders into the ground, hips up, legs are strong and stable and continue to flow the breath in and out. On your next exhale roll down. Bound angle, open the knees up, legs turn into a butterfly shape and let's bring hands to the stomach area. Close your eyes and breathe into your hands, continue lying on the ground, hands on stomach area if that's comfortable or arms out to the side. And again breath is your main focus. Slow breath in and out, allowing your body to just rest on the floor, breathe in and out breathe in and out inhale exhale let's do one more big breath in and breath it out. So you can choose to stay on the floor for a little bit longer if you feel comfortable or if you're ready to sit up just roll off to one side and use your arms to press you up to sit. Once you are seated

hands come back to heart center. Thank you for practicing with me, we'll finish the practice with namaste.