

WEBVTT

NOTE duration:"00:59:42.5280000"

NOTE language:en-us

NOTE Confidence: 0.884921014308929

00:00:00.000 --> 00:00:05.190 And if everybody would just take a moment to

NOTE Confidence: 0.884921014308929

00:00:05.190 --> 00:00:08.270 make sure that your mute is on,

NOTE Confidence: 0.884921014308929

00:00:08.270 --> 00:00:10.470 that would be really helpful.

NOTE Confidence: 0.918155372142792

00:00:13.230 --> 00:00:15.230 So welcome to our Tuesday

NOTE Confidence: 0.918155372142792

00:00:15.230 --> 00:00:16.430 afternoon Restorative Class.

NOTE Confidence: 0.918155372142792

00:00:16.430 --> 00:00:18.430 I'm Ellen from the Smilow

NOTE Confidence: 0.918155372142792

00:00:18.430 --> 00:00:19.630 Integrative Medicine Department.

NOTE Confidence: 0.918155372142792

00:00:19.630 --> 00:00:22.774 Today will do a one hour of restorative

NOTE Confidence: 0.918155372142792

00:00:22.774 --> 00:00:24.977 yoga practice and of the first

NOTE Confidence: 0.918155372142792

00:00:24.977 --> 00:00:28.049 thing that we're going to do is a

NOTE Confidence: 0.918155372142792

00:00:28.049 --> 00:00:30.029 technique called sandbag breathing.

NOTE Confidence: 0.918155372142792

00:00:30.030 --> 00:00:32.830 So I've asked people to provide themselves,

NOTE Confidence: 0.918155372142792

00:00:32.830 --> 00:00:35.518 either with a like a 5 pound

NOTE Confidence: 0.918155372142792

00:00:35.518 --> 00:00:37.630 bag of rice or beans,

NOTE Confidence: 0.918155372142792
00:00:37.630 --> 00:00:40.430 or even a a larger book that
NOTE Confidence: 0.918155372142792
00:00:40.430 --> 00:00:43.449 you can place across your tummy.
NOTE Confidence: 0.918155372142792
00:00:43.450 --> 00:00:45.625 I myself have safely wrapped
NOTE Confidence: 0.918155372142792
00:00:45.625 --> 00:00:47.365 in a plastic bag.
NOTE Confidence: 0.918155372142792
00:00:47.370 --> 00:00:49.550 The 10 pound bag of
NOTE Confidence: 0.918155372142792
00:00:49.550 --> 00:00:51.294 organic sugar from Costco,
NOTE Confidence: 0.918155372142792
00:00:51.300 --> 00:00:53.724 so this is my sandbag today
NOTE Confidence: 0.918155372142792
00:00:53.724 --> 00:00:56.589 and to start we will make our
NOTE Confidence: 0.918155372142792
00:00:56.589 --> 00:00:59.284 way to our backs on the mat
NOTE Confidence: 0.918155372142792
00:00:59.381 --> 00:01:02.196 or whatever you're resting on.
NOTE Confidence: 0.855189263820648
00:01:03.170 --> 00:01:06.090 You might want to
NOTE Confidence: 0.855189263820648
00:01:06.090 --> 00:01:10.460 have something beneath your head.
NOTE Confidence: 0.855189263820648
00:01:10.460 --> 00:01:13.545 Just so you have a little bit
NOTE Confidence: 0.855189263820648
00:01:13.545 --> 00:01:15.750 of support underneath your head,
NOTE Confidence: 0.855189263820648
00:01:15.750 --> 00:01:18.900 and then whatever your weight is is
NOTE Confidence: 0.855189263820648

00:01:18.900 --> 00:01:22.466 going to rest up on your tummy just
NOTE Confidence: 0.855189263820648

00:01:22.466 --> 00:01:25.533 below the bottom of your ribs and
NOTE Confidence: 0.855189263820648

00:01:25.533 --> 00:01:28.536 a little bit higher on your hips.
NOTE Confidence: 0.855189263820648

00:01:28.540 --> 00:01:30.750 It's more on your navel,
NOTE Confidence: 0.855189263820648

00:01:30.750 --> 00:01:33.830 so not too low, not too high,
NOTE Confidence: 0.855189263820648

00:01:33.830 --> 00:01:37.799 and once you get back on to your back,
NOTE Confidence: 0.855189263820648

00:01:37.800 --> 00:01:44.106 find your. Uh. Handbag stand in.
NOTE Confidence: 0.884839355945587

00:01:44.780 --> 00:01:46.400 And it just find
NOTE Confidence: 0.884839355945587

00:01:46.400 --> 00:01:48.722 that place on your tummy where
NOTE Confidence: 0.884839355945587

00:01:48.722 --> 00:01:51.597 you can rest it and your body
NOTE Confidence: 0.884839355945587

00:01:51.597 --> 00:01:54.069 will tell you the right place.
NOTE Confidence: 0.884839355945587

00:01:54.070 --> 00:01:57.607 So if its way up on your ribs and
NOTE Confidence: 0.884839355945587

00:01:57.607 --> 00:02:00.532 pressing on your ribs, that's too high.
NOTE Confidence: 0.884839355945587

00:02:00.532 --> 00:02:03.364 If it's too far and it's, uh,
NOTE Confidence: 0.884839355945587

00:02:03.364 --> 00:02:07.000 you know closer to your leg and hip crease,
NOTE Confidence: 0.884839355945587

00:02:07.000 --> 00:02:09.418 that's a little bit too low,

NOTE Confidence: 0.884839355945587
00:02:09.420 --> 00:02:12.318 so just slide it around until you
NOTE Confidence: 0.884839355945587
00:02:12.318 --> 00:02:15.120 find the place that you feel is.
NOTE Confidence: 0.884839355945587
00:02:15.120 --> 00:02:17.180 Optimal. And
NOTE Confidence: 0.864166975021362
00:02:17.180 --> 00:02:22.820 then place your hands maybe 6 to 8
NOTE Confidence: 0.864166975021362
00:02:22.820 --> 00:02:29.870 inches or so away from the size of your body.
NOTE Confidence: 0.864450514316559
00:02:32.220 --> 00:02:39.460 I'm going to set up so I can talk to you.
NOTE Confidence: 0.928393721580505
00:02:41.760 --> 00:02:44.005 So one of the fundamental
NOTE Confidence: 0.928393721580505
00:02:44.005 --> 00:02:46.250 break techniques in yoga is,
NOTE Confidence: 0.928393721580505
00:02:46.250 --> 00:02:49.386 uh, as some of you might know,
NOTE Confidence: 0.928393721580505
00:02:49.390 --> 00:02:50.668 is diaphragmatic breathing.
NOTE Confidence: 0.928393721580505
00:02:50.668 --> 00:02:53.224 And because we tend to breathe
NOTE Confidence: 0.928393721580505
00:02:53.224 --> 00:02:55.679 more xiaolian our day-to-day life,
NOTE Confidence: 0.928393721580505
00:02:55.680 --> 00:02:58.816 and that's for a variety of reasons,
NOTE Confidence: 0.928393721580505
00:02:58.820 --> 00:03:01.180 sometimes were rushed or upset
NOTE Confidence: 0.928393721580505
00:03:01.180 --> 00:03:04.030 or nervous about something in our
NOTE Confidence: 0.928393721580505

00:03:04.030 --> 00:03:06.460 breath tends to be more shallow,
NOTE Confidence: 0.928393721580505

00:03:06.460 --> 00:03:08.232 and when that happens,
NOTE Confidence: 0.928393721580505

00:03:08.232 --> 00:03:11.850 we actually deprive our bodies of the oxygen.
NOTE Confidence: 0.928393721580505

00:03:11.850 --> 00:03:14.658 Sufficient oxygen to operate so it
NOTE Confidence: 0.928393721580505

00:03:14.658 --> 00:03:18.142 effects us not just in our lungs but
NOTE Confidence: 0.928393721580505

00:03:18.142 --> 00:03:21.455 down to a cellular level so our cells
NOTE Confidence: 0.928393721580505

00:03:21.455 --> 00:03:24.263 don't get enough oxygen or tissues
NOTE Confidence: 0.928393721580505

00:03:24.263 --> 00:03:27.870 don't get enough oxygen or glands or organs,
NOTE Confidence: 0.928393721580505

00:03:27.870 --> 00:03:30.845 so this exercise is designed specifically to
NOTE Confidence: 0.928393721580505

00:03:30.845 --> 00:03:33.660 help you strengthen your diaphragm muscle,
NOTE Confidence: 0.928393721580505

00:03:33.660 --> 00:03:37.328 which is one of the strongest bodies
NOTE Confidence: 0.928393721580505

00:03:37.328 --> 00:03:40.188 of strongest muscles in your body.
NOTE Confidence: 0.928393721580505

00:03:40.190 --> 00:03:42.790 And were essentially training ourselves
NOTE Confidence: 0.928393721580505

00:03:42.790 --> 00:03:45.390 to naturally breathe more deeply,
NOTE Confidence: 0.928393721580505

00:03:45.390 --> 00:03:49.550 so that when we get upset or frightened,
NOTE Confidence: 0.928393721580505

00:03:49.550 --> 00:03:52.230 or you know excessively distracted

NOTE Confidence: 0.928393721580505
00:03:52.230 --> 00:03:55.484 when we notice our breath changes
NOTE Confidence: 0.928393721580505
00:03:55.484 --> 00:03:57.869 to a more shallow depth,
NOTE Confidence: 0.928393721580505
00:03:57.870 --> 00:04:00.470 we automatically can say, Oh,
NOTE Confidence: 0.928393721580505
00:04:00.470 --> 00:04:03.590 I need to breathe all deeper,
NOTE Confidence: 0.928393721580505
00:04:03.590 --> 00:04:05.682 and that diaphragmatic breath,
NOTE Confidence: 0.928393721580505
00:04:05.682 --> 00:04:09.850 the ability to do that is available.
NOTE Confidence: 0.928393721580505
00:04:09.850 --> 00:04:16.530 So once you have your a sandbag said.
NOTE Confidence: 0.928393721580505
00:04:16.530 --> 00:04:18.770 If you're not using a sandbag and using
NOTE Confidence: 0.928393721580505
00:04:18.770 --> 00:04:21.170 a book it it will be the same thing.
NOTE Confidence: 0.928393721580505
00:04:21.170 --> 00:04:22.234 If you're using neither,
NOTE Confidence: 0.928393721580505
00:04:22.234 --> 00:04:24.450 you can place your hands on your tummy.
NOTE Confidence: 0.901029288768768
00:04:29.490 --> 00:04:33.274 Begin to breathe. Just breathe
NOTE Confidence: 0.901029288768768
00:04:33.274 --> 00:04:36.289 natural. Inhale natural Exhale.
NOTE Confidence: 0.860730826854706
00:04:42.010 --> 00:04:44.390 Once you get a
NOTE Confidence: 0.860730826854706
00:04:44.390 --> 00:04:46.758 sense of yourself breathing,
NOTE Confidence: 0.860730826854706

00:04:46.758 --> 00:04:49.056 begin to notice, uh?
NOTE Confidence: 0.860730826854706

00:04:49.056 --> 00:04:52.668 Where it travels, is it more shallow?
NOTE Confidence: 0.860730826854706

00:04:52.670 --> 00:04:55.268 More in your upper rib cage?
NOTE Confidence: 0.860730826854706

00:04:55.270 --> 00:04:58.007 Is it somewhere in your middle section
NOTE Confidence: 0.860730826854706

00:04:58.007 --> 00:05:01.120 or do you already feel your weight
NOTE Confidence: 0.860730826854706

00:05:01.120 --> 00:05:03.904 rising and falling a little bit?
NOTE Confidence: 0.93860536813736

00:05:11.700 --> 00:05:14.464 If this area is weak, it will
NOTE Confidence: 0.93860536813736

00:05:14.464 --> 00:05:16.800 affect the way you breathe.
NOTE Confidence: 0.926401913166046

00:05:19.330 --> 00:05:22.080 So again, the point of doing
NOTE Confidence: 0.926401913166046

00:05:22.080 --> 00:05:24.370 this exercise is number one.
NOTE Confidence: 0.926401913166046

00:05:24.370 --> 00:05:26.660 Be aware of diaphragmatic breathing,
NOTE Confidence: 0.926401913166046

00:05:26.660 --> 00:05:28.034 deep belly breathing,
NOTE Confidence: 0.926401913166046

00:05:28.034 --> 00:05:31.240 #2 take steps to strengthen that area.
NOTE Confidence: 0.926401913166046

00:05:31.240 --> 00:05:34.928 So with the way you're actually using a
NOTE Confidence: 0.926401913166046

00:05:34.928 --> 00:05:38.716 little bit at that little bit of effort
NOTE Confidence: 0.926401913166046

00:05:38.716 --> 00:05:42.228 for your diaphragm to move up and down,

NOTE Confidence: 0.926401913166046
00:05:42.230 --> 00:05:44.585 and those muscles in your
NOTE Confidence: 0.926401913166046
00:05:44.585 --> 00:05:46.940 abdomen consequently begin to get
NOTE Confidence: 0.926401913166046
00:05:47.020 --> 00:05:50.038 activated and it just like any
NOTE Confidence: 0.926401913166046
00:05:50.038 --> 00:05:52.050 kind of abdominal strengthening.
NOTE Confidence: 0.926401913166046
00:05:52.050 --> 00:05:55.914 Overtime it takes a little bit of time,
NOTE Confidence: 0.926401913166046
00:05:55.920 --> 00:05:59.016 but overtime that area becomes much
NOTE Confidence: 0.926401913166046
00:05:59.016 --> 00:06:02.209 stronger an you can rely on it.
NOTE Confidence: 0.926401913166046
00:06:02.210 --> 00:06:06.090 Uh, when you need to achieve that deeper,
NOTE Confidence: 0.926401913166046
00:06:06.090 --> 00:06:08.020 more systematic diaphragmatic breath.
NOTE Confidence: 0.919606864452362
00:06:11.000 --> 00:06:12.479 You might notice
NOTE Confidence: 0.919606864452362
00:06:12.480 --> 00:06:15.054 whether the weight goes up easily
NOTE Confidence: 0.919606864452362
00:06:15.054 --> 00:06:18.789 or if there's a little bit of effort
NOTE Confidence: 0.919606864452362
00:06:18.789 --> 00:06:21.681 which suggests that you might want
NOTE Confidence: 0.919606864452362
00:06:21.769 --> 00:06:24.309 to concentrate going forward.
NOTE Confidence: 0.919606864452362
00:06:24.310 --> 00:06:26.282 Strengthening this area not
NOTE Confidence: 0.919606864452362

00:06:26.282 --> 00:06:28.254 just with this exercise,
NOTE Confidence: 0.919606864452362

00:06:28.260 --> 00:06:30.972 but any of the other exercises
NOTE Confidence: 0.919606864452362

00:06:30.972 --> 00:06:34.465 you do in yoga class like the
NOTE Confidence: 0.919606864452362

00:06:34.465 --> 00:06:37.615 belly pumping cat cow boat pose.
NOTE Confidence: 0.919606864452362

00:06:37.620 --> 00:06:40.578 Any of those are abdominal strengthening.
NOTE Confidence: 0.919766902923584

00:06:46.440 --> 00:06:49.394 Is it as we continue notice some
NOTE Confidence: 0.919766902923584

00:06:49.394 --> 00:06:51.710 other qualities of your breath?
NOTE Confidence: 0.919766902923584

00:06:51.710 --> 00:06:54.115 So we're establishing a connection
NOTE Confidence: 0.919766902923584

00:06:54.115 --> 00:06:57.368 and awareness of how deep or how
NOTE Confidence: 0.919766902923584

00:06:57.368 --> 00:07:00.049 shallow our breath is when it moves.
NOTE Confidence: 0.919766902923584

00:07:00.050 --> 00:07:02.240 Now notice some other things.
NOTE Confidence: 0.919766902923584

00:07:02.240 --> 00:07:05.570 Notice whether your breath is continuous.
NOTE Confidence: 0.919766902923584

00:07:05.570 --> 00:07:08.626 You know, just flowing one into the other.
NOTE Confidence: 0.919766902923584

00:07:08.630 --> 00:07:10.170 No gap, no pause.
NOTE Confidence: 0.811244487762451

00:07:12.540 --> 00:07:16.880 Fluid. Continuous.
NOTE Confidence: 0.922433137893677

00:07:20.590 --> 00:07:21.940 And then perhaps

NOTE Confidence: 0.922433137893677
00:07:21.940 --> 00:07:24.640 notice whether your inhale and Exhale
NOTE Confidence: 0.922433137893677
00:07:24.640 --> 00:07:28.240 are the same length, or if one is
NOTE Confidence: 0.922433137893677
00:07:28.240 --> 00:07:30.940 shorter or longer than the other.
NOTE Confidence: 0.679018080234528
00:07:33.790 --> 00:07:38.380 With the way. You might.
NOTE Confidence: 0.679018080234528
00:07:38.380 --> 00:07:40.855 You might notice that your
NOTE Confidence: 0.679018080234528
00:07:40.855 --> 00:07:43.330 exhale becomes a little longer.
NOTE Confidence: 0.925727069377899
00:07:45.040 --> 00:07:48.296 Possibly. Annular inhale
NOTE Confidence: 0.925727069377899
00:07:48.296 --> 00:07:50.510 a little shorter, maybe
NOTE Confidence: 0.891468286514282
00:07:50.510 --> 00:07:53.250 a little slower, because you're
NOTE Confidence: 0.891468286514282
00:07:53.250 --> 00:07:56.637 trying to inhale with that weight
NOTE Confidence: 0.891468286514282
00:07:56.637 --> 00:08:00.360 on your abdomen, so it might affect.
NOTE Confidence: 0.891468286514282
00:08:00.360 --> 00:08:03.356 How your breath is moving and that's OK.
NOTE Confidence: 0.891468286514282
00:08:03.360 --> 00:08:04.792 It's because it's all
NOTE Confidence: 0.891468286514282
00:08:04.792 --> 00:08:06.582 that part is self study.
NOTE Confidence: 0.891468286514282
00:08:06.590 --> 00:08:08.375 Getting to be really familiar
NOTE Confidence: 0.891468286514282

00:08:08.375 --> 00:08:09.803 really know your breath.
NOTE Confidence: 0.923391997814178

00:08:13.950 --> 00:08:17.145 Now I notice if there are any pauses or
NOTE Confidence: 0.923391997814178

00:08:17.145 --> 00:08:20.000 gaps and this might be very very subtle.
NOTE Confidence: 0.930721938610077

00:08:22.390 --> 00:08:24.286 Sometimes it occurs more at
NOTE Confidence: 0.930721938610077

00:08:24.286 --> 00:08:26.530 the bottom of your exhale as
NOTE Confidence: 0.930721938610077

00:08:26.618 --> 00:08:29.210 you prepare to inhale, you might
NOTE Confidence: 0.930721938610077

00:08:29.210 --> 00:08:31.210 detect the smallest of gaps.
NOTE Confidence: 0.910840392112732

00:08:38.420 --> 00:08:39.800 And if you do
NOTE Confidence: 0.910840392112732

00:08:39.800 --> 00:08:42.560 notice that pause Org at notice if it's,
NOTE Confidence: 0.910840392112732

00:08:42.560 --> 00:08:45.206 you know, just like a split second or
NOTE Confidence: 0.910840392112732

00:08:45.206 --> 00:08:47.510 if it's a little bit longer where you
NOTE Confidence: 0.910840392112732

00:08:47.574 --> 00:08:50.148 actually are slightly holding your breath.
NOTE Confidence: 0.886648595333099

00:08:56.260 --> 00:08:58.380 And then with awareness intention,
NOTE Confidence: 0.886648595333099

00:08:58.380 --> 00:09:00.500 if there is a pause,
NOTE Confidence: 0.886648595333099

00:09:00.500 --> 00:09:02.894 see if you can slide your
NOTE Confidence: 0.886648595333099

00:09:02.894 --> 00:09:05.160 exhale right into your inhale.

NOTE Confidence: 0.886648595333099
00:09:05.160 --> 00:09:07.704 An also inhale right into your
NOTE Confidence: 0.886648595333099
00:09:07.704 --> 00:09:10.910 exhales and no pauses, no gaps.
NOTE Confidence: 0.886648595333099
00:09:10.910 --> 00:09:12.050 That sounds easy.
NOTE Confidence: 0.886648595333099
00:09:12.050 --> 00:09:14.330 I have found that it's actually
NOTE Confidence: 0.886648595333099
00:09:14.330 --> 00:09:15.850 a little more challenging.
NOTE Confidence: 0.91767692565918
00:09:18.310 --> 00:09:19.794 Because sometimes the gap
NOTE Confidence: 0.91767692565918
00:09:19.794 --> 00:09:21.649 at the pauses so slight,
NOTE Confidence: 0.91767692565918
00:09:21.650 --> 00:09:23.500 so subtle it's barely perceptible.
NOTE Confidence: 0.905309915542603
00:09:31.030 --> 00:09:32.394 And then finally, notice.
NOTE Confidence: 0.905309915542603
00:09:32.394 --> 00:09:35.270 Did you hear any noise from your breath?
NOTE Confidence: 0.905309915542603
00:09:35.270 --> 00:09:37.316 Is there like a slight whooshing
NOTE Confidence: 0.905309915542603
00:09:37.316 --> 00:09:39.314 sound either on the inhale or
NOTE Confidence: 0.905309915542603
00:09:39.314 --> 00:09:41.570 the exhale that might be due to a
NOTE Confidence: 0.905309915542603
00:09:41.639 --> 00:09:43.739 little stuffiness or congestion.
NOTE Confidence: 0.905164539813995
00:09:46.250 --> 00:09:48.991 You can try flaring your nostrils
NOTE Confidence: 0.905164539813995

00:09:48.991 --> 00:09:51.853 a little bit if you're noticing
NOTE Confidence: 0.905164539813995

00:09:51.853 --> 00:09:54.706 that create a little bit more
NOTE Confidence: 0.905164539813995

00:09:54.706 --> 00:09:56.534 space for the inhalation.
NOTE Confidence: 0.905164539813995

00:09:56.540 --> 00:09:58.584 And the ECB solation that
NOTE Confidence: 0.905164539813995

00:09:58.584 --> 00:10:00.624 might help the sound subside.
NOTE Confidence: 0.6975177526474

00:10:01.290 --> 00:10:11.430 And then take a few more breaths.
NOTE Confidence: 0.926142394542694

00:10:16.350 --> 00:10:18.900 And when you're ready, remove your weight.
NOTE Confidence: 0.869713246822357

00:10:20.190 --> 00:10:21.630 You push it well
NOTE Confidence: 0.869713246822357

00:10:21.630 --> 00:10:25.240 out of the way. We won't be using that again.
NOTE Confidence: 0.931833565235138

00:10:28.350 --> 00:10:31.015 And then simply come to rest
NOTE Confidence: 0.931833565235138

00:10:31.015 --> 00:10:34.170 on your back. Without the way.
NOTE Confidence: 0.933820307254791

00:10:36.410 --> 00:10:39.783 If you would like to include
NOTE Confidence: 0.933820307254791

00:10:39.783 --> 00:10:42.788 something under your knees if
NOTE Confidence: 0.933820307254791

00:10:42.788 --> 00:10:46.578 your lower back is a little
NOTE Confidence: 0.933820307254791

00:10:46.578 --> 00:10:49.050 bit sensitive this afternoon.
NOTE Confidence: 0.933820307254791

00:10:49.050 --> 00:10:51.188 He can roll up a blanket.

NOTE Confidence: 0.933820307254791
00:10:51.188 --> 00:10:52.968 You might have a cushion.
NOTE Confidence: 0.933820307254791
00:10:52.970 --> 00:10:55.810 You can easily roll over.
NOTE Confidence: 0.933820307254791
00:10:55.810 --> 00:10:58.232 And then allow yourself guide yourself
NOTE Confidence: 0.933820307254791
00:10:58.232 --> 00:11:00.650 back to resting on your back.
NOTE Confidence: 0.89990234375
00:11:02.980 --> 00:11:04.748 Take a moment to
NOTE Confidence: 0.89990234375
00:11:04.750 --> 00:11:07.844 notice the area of your lumbar spine.
NOTE Confidence: 0.89990234375
00:11:07.850 --> 00:11:09.179 Your lower back.
NOTE Confidence: 0.89990234375
00:11:09.179 --> 00:11:12.280 That's a place where we often hold,
NOTE Confidence: 0.89990234375
00:11:12.280 --> 00:11:14.355 you know, tension, stress.
NOTE Confidence: 0.89990234375
00:11:14.355 --> 00:11:19.285 Uh, we tend to over work it so it can
NOTE Confidence: 0.89990234375
00:11:19.285 --> 00:11:22.710 sometimes become sore or creaky. And
NOTE Confidence: 0.876163184642792
00:11:22.710 --> 00:11:26.374 then if you like, you can structure hands
NOTE Confidence: 0.876163184642792
00:11:26.380 --> 00:11:28.680 out across from your shoulder.
NOTE Confidence: 0.876163184642792
00:11:28.680 --> 00:11:32.802 So this is a bit of a chest opening.
NOTE Confidence: 0.929130792617798
00:11:35.950 --> 00:11:38.178 You can also, if you have the
NOTE Confidence: 0.929130792617798

00:11:38.178 --> 00:11:40.255 capacity to bend your elbows without
NOTE Confidence: 0.929130792617798

00:11:40.255 --> 00:11:42.505 your arms being off the floor,
NOTE Confidence: 0.929130792617798

00:11:42.510 --> 00:11:46.443 so if your forearms will rest on the floor.
NOTE Confidence: 0.929130792617798

00:11:46.450 --> 00:11:48.160 And you don't need support.
NOTE Confidence: 0.929130792617798

00:11:48.160 --> 00:11:49.870 You can bend your elbows.
NOTE Confidence: 0.929130792617798

00:11:49.870 --> 00:11:51.922 That will increase the sense of
NOTE Confidence: 0.929130792617798

00:11:51.922 --> 00:11:53.290 expansion across your chest.
NOTE Confidence: 0.929130792617798

00:11:53.290 --> 00:11:55.677 You know you might like that sensation.
NOTE Confidence: 0.929130792617798

00:11:55.680 --> 00:11:56.709 You might not.
NOTE Confidence: 0.929130792617798

00:11:56.710 --> 00:12:00.490 If it seems a little bit too much, you can.
NOTE Confidence: 0.929130792617798

00:12:00.490 --> 00:12:02.498 Bring your arms just across
NOTE Confidence: 0.929130792617798

00:12:02.498 --> 00:12:03.479 from your shoulders,
NOTE Confidence: 0.929130792617798

00:12:03.480 --> 00:12:07.070 and if that is not quite what you want to do,
NOTE Confidence: 0.929130792617798

00:12:07.070 --> 00:12:09.485 you can move your hands down even
NOTE Confidence: 0.929130792617798

00:12:09.485 --> 00:12:11.698 a little farther until you find
NOTE Confidence: 0.929130792617798

00:12:11.698 --> 00:12:13.906 a place where you can experience.

NOTE Confidence: 0.929130792617798
00:12:13.910 --> 00:12:16.395 A bit of expansion across your chest,
NOTE Confidence: 0.929130792617798
00:12:16.400 --> 00:12:20.288 and then you decide like do I want a
NOTE Confidence: 0.929130792617798
00:12:20.288 --> 00:12:24.036 little more which case I might do this.
NOTE Confidence: 0.929130792617798
00:12:24.040 --> 00:12:26.300 Do I want maybe a little less,
NOTE Confidence: 0.929130792617798
00:12:26.300 --> 00:12:29.936 in which case I do this.
NOTE Confidence: 0.929130792617798
00:12:29.940 --> 00:12:34.768 Feel free to take a moment to decide.
NOTE Confidence: 0.929130792617798
00:12:34.770 --> 00:12:35.536 And again,
NOTE Confidence: 0.929130792617798
00:12:35.536 --> 00:12:39.740 I'm going to sit up so I can talk to you.
NOTE Confidence: 0.621830403804779
00:12:40.520 --> 00:12:50.095 So finding a way to
NOTE Confidence: 0.621830403804779
00:12:50.095 --> 00:12:59.380 rest on your back. With
NOTE Confidence: 0.933491051197052
00:12:59.380 --> 00:13:04.490 uh or without support underneath your legs.
NOTE Confidence: 0.933491051197052
00:13:04.490 --> 00:13:10.110 Resting your head back.
NOTE Confidence: 0.933491051197052
00:13:10.110 --> 00:13:13.462 On a cushion or a pillow,
NOTE Confidence: 0.933491051197052
00:13:13.462 --> 00:13:15.874 whatever works for you.
NOTE Confidence: 0.933491051197052
00:13:15.880 --> 00:13:17.996 And then arranging your hands
NOTE Confidence: 0.933491051197052

00:13:17.996 --> 00:13:21.619 and arms in such a way that you
NOTE Confidence: 0.933491051197052

00:13:21.619 --> 00:13:24.689 create a little bit more space.
NOTE Confidence: 0.933491051197052

00:13:24.690 --> 00:13:28.605 In the area of your upper chest and heart.
NOTE Confidence: 0.793719112873077

00:13:29.890 --> 00:13:32.470 Periodically you might
NOTE Confidence: 0.793719112873077

00:13:32.470 --> 00:13:38.490 have a a you know a desire
NOTE Confidence: 0.793719112873077

00:13:38.490 --> 00:13:43.650 to move or re position yourself.
NOTE Confidence: 0.793719112873077

00:13:43.650 --> 00:13:47.950 Feel free to do that.
NOTE Confidence: 0.840042293071747

00:13:48.780 --> 00:13:54.330 Having preceded this pose with
NOTE Confidence: 0.840042293071747

00:13:54.330 --> 00:13:58.770 sandbag breathing, you might
NOTE Confidence: 0.840042293071747

00:13:58.770 --> 00:14:03.210 have a different relationship
NOTE Confidence: 0.840042293071747

00:14:03.210 --> 00:14:09.870 with the movement of your breath.
NOTE Confidence: 0.955377697944641

00:14:13.760 --> 00:14:16.922 Without my suggesting what you might
NOTE Confidence: 0.955377697944641

00:14:16.922 --> 00:14:20.329 be experiencing, notice for yourself.
NOTE Confidence: 0.955377697944641

00:14:20.330 --> 00:14:22.990 What you're experiencing with your breath.
NOTE Confidence: 0.96285343170166

00:14:25.280 --> 00:14:26.908 What are the qualities?
NOTE Confidence: 0.811623811721802

00:14:30.180 --> 00:14:36.336 And it might be useful to

NOTE Confidence: 0.811623811721802
00:14:36.336 --> 00:14:40.440 notice whether there is
NOTE Confidence: 0.811623811721802
00:14:40.440 --> 00:14:47.615 any tension or clenching in your jaw.
NOTE Confidence: 0.907594501972198
00:14:50.790 --> 00:14:53.097 Any construction or tightening
NOTE Confidence: 0.907594501972198
00:14:53.097 --> 00:14:56.559 across the area of your face,
NOTE Confidence: 0.907594501972198
00:14:56.560 --> 00:14:58.868 your forehead, your cheeks?
NOTE Confidence: 0.896202981472015
00:15:08.610 --> 00:15:11.505 Notice the pressure of your back
NOTE Confidence: 0.896202981472015
00:15:11.505 --> 00:15:14.886 body on the mat or the floor.
NOTE Confidence: 0.896202981472015
00:15:14.886 --> 00:15:16.818 Whatever you're resting on.
NOTE Confidence: 0.897130489349365
00:15:20.950 --> 00:15:25.432 And what we're doing with this type of self
NOTE Confidence: 0.897130489349365
00:15:25.440 --> 00:15:29.206 scan this body scan is that we're
NOTE Confidence: 0.897130489349365
00:15:29.206 --> 00:15:32.880 noticing those areas where we do tend
NOTE Confidence: 0.897130489349365
00:15:32.880 --> 00:15:35.808 to hold our reaction to whatever
NOTE Confidence: 0.897130489349365
00:15:35.917 --> 00:15:38.906 it is it's going on around us.
NOTE Confidence: 0.897130489349365
00:15:38.910 --> 00:15:41.474 So if we're startled,
NOTE Confidence: 0.897130489349365
00:15:41.474 --> 00:15:45.320 sometimes our shoulders will go up
NOTE Confidence: 0.897130489349365

00:15:45.444 --> 00:15:49.564 and will kind of pull our head back.
NOTE Confidence: 0.897130489349365

00:15:49.570 --> 00:15:52.297 If we're angry, we might, uh,
NOTE Confidence: 0.897130489349365

00:15:52.297 --> 00:15:56.753 really tense our foreheads and our jaw area.
NOTE Confidence: 0.897130489349365

00:15:56.760 --> 00:16:00.400 If we're sad, we might experience a
NOTE Confidence: 0.897130489349365

00:16:00.400 --> 00:16:04.040 hunching Oracle apps in our upper body.
NOTE Confidence: 0.916880428791046

00:16:06.510 --> 00:16:08.470 So it's not just
NOTE Confidence: 0.916880428791046

00:16:08.470 --> 00:16:11.110 your mind that you deal with
NOTE Confidence: 0.916880428791046

00:16:11.110 --> 00:16:14.581 from day to day in terms of
NOTE Confidence: 0.916880428791046

00:16:14.581 --> 00:16:17.266 emotions or stress or whatever.
NOTE Confidence: 0.916880428791046

00:16:17.270 --> 00:16:20.735 Your body keeps a record of these
NOTE Confidence: 0.916880428791046

00:16:20.735 --> 00:16:23.814 things and yoga practice is designed
NOTE Confidence: 0.916880428791046

00:16:23.814 --> 00:16:27.842 to help us be aware of those things
NOTE Confidence: 0.916880428791046

00:16:27.842 --> 00:16:31.482 so that we can take action in order
NOTE Confidence: 0.916880428791046

00:16:31.482 --> 00:16:33.888 to provide ourselves some relief.
NOTE Confidence: 0.82536381483078

00:16:34.990 --> 00:16:39.715 Begin to notice the expansion
NOTE Confidence: 0.82536381483078

00:16:39.715 --> 00:16:44.448 and contraction of your ribs.

NOTE Confidence: 0.929141461849213
00:16:47.390 --> 00:16:49.352 As you inhale, you might
NOTE Confidence: 0.929141461849213
00:16:49.352 --> 00:16:50.924 feel your front body,
NOTE Confidence: 0.929141461849213
00:16:50.930 --> 00:16:54.458 your side body, even the back of your body.
NOTE Confidence: 0.929141461849213
00:16:54.460 --> 00:16:56.040 Just gently expanding contracting.
NOTE Confidence: 0.936323642730713
00:16:58.780 --> 00:17:01.426 With your arms out to the side,
NOTE Confidence: 0.936323642730713
00:17:01.430 --> 00:17:05.246 it might give you a greater sense of
NOTE Confidence: 0.936323642730713
00:17:05.246 --> 00:17:08.490 freedom and openness in this area.
NOTE Confidence: 0.936323642730713
00:17:08.490 --> 00:17:12.000 Or it's possible if this area for you
NOTE Confidence: 0.936323642730713
00:17:12.000 --> 00:17:16.442 is where you do hold your stress or your
NOTE Confidence: 0.936323642730713
00:17:16.442 --> 00:17:19.537 sadness or some other emotion, uhm?
NOTE Confidence: 0.936323642730713
00:17:19.537 --> 00:17:22.666 It might be a little difficult or
NOTE Confidence: 0.936323642730713
00:17:22.666 --> 00:17:25.751 challenging to open that up because
NOTE Confidence: 0.936323642730713
00:17:25.751 --> 00:17:28.376 sometimes would become so adjusted.
NOTE Confidence: 0.936323642730713
00:17:28.380 --> 00:17:30.295 To rounding our shoulders or
NOTE Confidence: 0.936323642730713
00:17:30.295 --> 00:17:32.683 upper back collapsing in our upper
NOTE Confidence: 0.936323642730713

00:17:32.683 --> 00:17:34.698 chest that actually to expand,
NOTE Confidence: 0.936323642730713

00:17:34.700 --> 00:17:36.680 it can be quite challenging.
NOTE Confidence: 0.936323642730713

00:17:36.680 --> 00:17:39.050 So notice what your story is.
NOTE Confidence: 0.936323642730713

00:17:39.050 --> 00:17:41.808 Notice what your body is telling you.
NOTE Confidence: 0.934364974498749

00:17:49.640 --> 00:17:51.848 Be aware of your shoulder joints.
NOTE Confidence: 0.934364974498749

00:17:51.850 --> 00:17:54.356 If they begin to ache from the
NOTE Confidence: 0.934364974498749

00:17:54.356 --> 00:17:56.650 position of your arms and hands,
NOTE Confidence: 0.934364974498749

00:17:56.650 --> 00:17:58.130 feel free to readjust.
NOTE Confidence: 0.905388474464417

00:18:02.390 --> 00:18:05.660 Always mindful of your lower back
NOTE Confidence: 0.905388474464417

00:18:05.660 --> 00:18:08.934 and he tenderness or soreness or
NOTE Confidence: 0.905388474464417

00:18:08.934 --> 00:18:11.660 achiness. Feel free to adjust.
NOTE Confidence: 0.801925301551819

00:18:17.640 --> 00:18:25.050 The lesson here being is that we become
NOTE Confidence: 0.90356433391571

00:18:25.050 --> 00:18:28.290 aware. And we train ourselves.
NOTE Confidence: 0.90356433391571

00:18:28.290 --> 00:18:31.125 We actually train ourselves to become aware,
NOTE Confidence: 0.90356433391571

00:18:31.130 --> 00:18:33.993 to attend moment to moment what's happening
NOTE Confidence: 0.90356433391571

00:18:33.993 --> 00:18:37.199 with my body was happening with my bra.

NOTE Confidence: 0.90356433391571
00:18:37.200 --> 00:18:39.064 What's my mind doing?
NOTE Confidence: 0.90356433391571
00:18:39.064 --> 00:18:43.360 And then if that activity is not beneficial,
NOTE Confidence: 0.90356433391571
00:18:43.360 --> 00:18:46.300 then we do something about it.
NOTE Confidence: 0.90356433391571
00:18:46.300 --> 00:18:49.354 And in yoga class or relaxation
NOTE Confidence: 0.90356433391571
00:18:49.354 --> 00:18:52.017 classes or meditation classes we
NOTE Confidence: 0.90356433391571
00:18:52.017 --> 00:18:54.727 learn different kinds of techniques.
NOTE Confidence: 0.90356433391571
00:18:54.730 --> 00:18:58.400 For addressing those problematic things.
NOTE Confidence: 0.748866379261017
00:19:01.550 --> 00:19:08.390 When you ready begin to bring
NOTE Confidence: 0.748866379261017
00:19:08.390 --> 00:19:15.338 some movement to your body.
NOTE Confidence: 0.748866379261017
00:19:15.340 --> 00:19:17.560 Before we move on to
NOTE Confidence: 0.9146329164505
00:19:17.560 --> 00:19:19.328 our next restorative pose,
NOTE Confidence: 0.9146329164505
00:19:19.328 --> 00:19:21.538 which will be a gentle,
NOTE Confidence: 0.9146329164505
00:19:21.540 --> 00:19:23.312 very gentle hip opener,
NOTE Confidence: 0.9146329164505
00:19:23.312 --> 00:19:27.065 will do a little bit of lower back
NOTE Confidence: 0.9146329164505
00:19:27.065 --> 00:19:30.059 stretching because that is where we
NOTE Confidence: 0.9146329164505

00:19:30.059 --> 00:19:33.986 hold a lot of our tension and stress.
NOTE Confidence: 0.9146329164505

00:19:33.990 --> 00:19:38.920 So a little bit of rocking Arnie's
NOTE Confidence: 0.9146329164505

00:19:38.920 --> 00:19:42.410 tordsson shoulders and away.
NOTE Confidence: 0.9146329164505

00:19:42.410 --> 00:19:46.020 The name of this poses Oppen Ocina.
NOTE Confidence: 0.941077530384064

00:19:48.730 --> 00:19:50.990 And it's a lower back stretch.
NOTE Confidence: 0.947313606739044

00:19:53.010 --> 00:19:55.175 It's great for those times when you
NOTE Confidence: 0.947313606739044

00:19:55.175 --> 00:19:57.500 just been doing a lot of bending.
NOTE Confidence: 0.947313606739044

00:19:57.500 --> 00:20:00.468 Stretching now is the time for gardening.
NOTE Confidence: 0.947313606739044

00:20:00.470 --> 00:20:03.208 And as you bend over over and over,
NOTE Confidence: 0.947313606739044

00:20:03.210 --> 00:20:05.938 you may notice the backs of your legs.
NOTE Confidence: 0.947313606739044

00:20:05.940 --> 00:20:08.334 Your lower back start to get overinvolved.
NOTE Confidence: 0.947313606739044

00:20:08.340 --> 00:20:10.868 So this is one nice way before and
NOTE Confidence: 0.947313606739044

00:20:10.868 --> 00:20:13.061 after that activity to actually take
NOTE Confidence: 0.947313606739044

00:20:13.061 --> 00:20:15.802 care of your lower back and then
NOTE Confidence: 0.947313606739044

00:20:15.802 --> 00:20:17.967 maybe bring your knees together.
NOTE Confidence: 0.947313606739044

00:20:17.970 --> 00:20:20.316 Make some circles in One Direction.

NOTE Confidence: 0.897664666175842
00:20:21.190 --> 00:20:25.096 And then go in the other
NOTE Confidence: 0.897664666175842
00:20:25.096 --> 00:20:27.918 direction. And then just take
NOTE Confidence: 0.830556750297546
00:20:27.920 --> 00:20:31.336 him over to shake your toes out.
NOTE Confidence: 0.830556750297546
00:20:31.340 --> 00:20:33.780 Even toes can get stressed.
NOTE Confidence: 0.844932079315186
00:20:37.070 --> 00:20:40.262 As you're ready, you're welcome
NOTE Confidence: 0.844932079315186
00:20:40.262 --> 00:20:45.414 to place your feet wide under mat.
NOTE Confidence: 0.844932079315186
00:20:45.420 --> 00:20:47.642 And just because we're going
NOTE Confidence: 0.844932079315186
00:20:47.642 --> 00:20:50.821 to do a little hip opening will
NOTE Confidence: 0.844932079315186
00:20:50.821 --> 00:20:53.049 start with windshield wipers 2.
NOTE Confidence: 0.844932079315186
00:20:53.050 --> 00:20:57.050 Gonna let our hip creases are hip snow.
NOTE Confidence: 0.844932079315186
00:20:57.050 --> 00:20:58.466 That we're going to be doing
NOTE Confidence: 0.844932079315186
00:20:58.466 --> 00:20:59.956 a little more of this.
NOTE Confidence: 0.844932079315186
00:20:59.956 --> 00:21:02.986 So we want to do a little bit of prep
NOTE Confidence: 0.870416209101677
00:21:02.990 --> 00:21:09.610 work. Gently rocking from side to side. You
NOTE Confidence: 0.941154062747955
00:21:09.610 --> 00:21:11.715 might notice other areas also
NOTE Confidence: 0.941154062747955

00:21:11.715 --> 00:21:15.299 begin to get involved, so for me.
NOTE Confidence: 0.941154062747955

00:21:15.300 --> 00:21:19.470 That's always my thigh moving up here.
NOTE Confidence: 0.941154062747955

00:21:19.470 --> 00:21:22.250 A little bit in my waist
NOTE Confidence: 0.941154062747955

00:21:22.250 --> 00:21:25.370 as well as my hip joint.
NOTE Confidence: 0.941154062747955

00:21:25.370 --> 00:21:27.008 You might have those areas
NOTE Confidence: 0.941154062747955

00:21:27.008 --> 00:21:28.316 and also other areas.
NOTE Confidence: 0.906725466251373

00:21:31.680 --> 00:21:33.890 And then notice if as you're moving
NOTE Confidence: 0.906725466251373

00:21:33.890 --> 00:21:36.500 when you do get a lot of sensation,
NOTE Confidence: 0.906725466251373

00:21:36.500 --> 00:21:38.100 what happens with your breath?
NOTE Confidence: 0.906725466251373

00:21:38.100 --> 00:21:40.989 Does it continue to move or does it stop?
NOTE Confidence: 0.906725466251373

00:21:40.990 --> 00:21:43.879 Does it pause? Uh, is there a slight gas?
NOTE Confidence: 0.776880979537964

00:21:47.180 --> 00:21:49.928 And then come to stillness.
NOTE Confidence: 0.776880979537964

00:21:49.928 --> 00:21:53.012 The hip opener will do today
NOTE Confidence: 0.776880979537964

00:21:53.012 --> 00:21:56.608 will be a one legged hip opener.
NOTE Confidence: 0.776880979537964

00:21:56.610 --> 00:21:59.898 The variation on tree pose for the folks
NOTE Confidence: 0.776880979537964

00:21:59.898 --> 00:22:03.310 who are familiar with that yoga pose.

NOTE Confidence: 0.776880979537964
00:22:03.310 --> 00:22:05.668 Tree pose is normally done standing.
NOTE Confidence: 0.776880979537964
00:22:05.670 --> 00:22:08.449 We're going to do the reclining version
NOTE Confidence: 0.776880979537964
00:22:08.449 --> 00:22:12.369 of it so the light that is going to Bend.
NOTE Confidence: 0.776880979537964
00:22:12.370 --> 00:22:15.121 You'll want to create some prop propping
NOTE Confidence: 0.776880979537964
00:22:15.121 --> 00:22:20.250 there. I have a blanket and. A pillow.
NOTE Confidence: 0.776880979537964
00:22:20.250 --> 00:22:25.786 And I'm gonna keep this pillow under my head.
NOTE Confidence: 0.776880979537964
00:22:25.790 --> 00:22:27.900 This leg is going to eventually
NOTE Confidence: 0.776880979537964
00:22:27.900 --> 00:22:30.453 come out to rest on these props
NOTE Confidence: 0.776880979537964
00:22:30.453 --> 00:22:33.181 and then I have to decide what I'm
NOTE Confidence: 0.776880979537964
00:22:33.181 --> 00:22:35.445 going to do with the other leg,
NOTE Confidence: 0.776880979537964
00:22:35.450 --> 00:22:38.166 so I might try first extending that
NOTE Confidence: 0.776880979537964
00:22:38.166 --> 00:22:40.574 other leg and then gently rocking
NOTE Confidence: 0.776880979537964
00:22:40.574 --> 00:22:43.290 my other hip out to the side.
NOTE Confidence: 0.776880979537964
00:22:43.290 --> 00:22:45.775 If that's OK for my lower back,
NOTE Confidence: 0.776880979537964
00:22:45.780 --> 00:22:47.550 I can stay this way.
NOTE Confidence: 0.776880979537964

00:22:47.550 --> 00:22:50.035 If this seems to be too low,
NOTE Confidence: 0.776880979537964

00:22:50.040 --> 00:22:53.271 you can put another pillow or two pillows or
NOTE Confidence: 0.776880979537964

00:22:53.271 --> 00:22:56.065 whatever you need under there so you're hit.
NOTE Confidence: 0.776880979537964

00:22:56.070 --> 00:22:58.555 Might be quite high, which is fine.
NOTE Confidence: 0.776880979537964

00:22:58.560 --> 00:23:01.983 Your knee might be quite high, which is fine.
NOTE Confidence: 0.776880979537964

00:23:01.983 --> 00:23:04.569 We're trying not to over stress
NOTE Confidence: 0.776880979537964

00:23:04.569 --> 00:23:07.769 our hip joint were just opening it.
NOTE Confidence: 0.776880979537964

00:23:07.770 --> 00:23:10.202 It's a passive opening
NOTE Confidence: 0.776880979537964

00:23:10.202 --> 00:23:12.026 is completely supported.
NOTE Confidence: 0.776880979537964

00:23:12.030 --> 00:23:14.865 An AR lower backs are like OK with it.
NOTE Confidence: 0.776880979537964

00:23:14.870 --> 00:23:17.230 If your lower back is a little tweaky
NOTE Confidence: 0.776880979537964

00:23:17.230 --> 00:23:19.586 you could do this version of bending.
NOTE Confidence: 0.776880979537964

00:23:19.590 --> 00:23:22.830 The other lady still get the hip opening.
NOTE Confidence: 0.776880979537964

00:23:22.830 --> 00:23:26.337 But you're also releasing your lower back.
NOTE Confidence: 0.776880979537964

00:23:26.340 --> 00:23:29.150 So take a moment you could try.
NOTE Confidence: 0.776880979537964

00:23:29.150 --> 00:23:32.690 Both of those.

NOTE Confidence: 0.776880979537964
00:23:32.690 --> 00:23:35.875 Places are, you might have another one
NOTE Confidence: 0.776880979537964
00:23:35.875 --> 00:23:39.097 that you prefer and have done before.
NOTE Confidence: 0.776880979537964
00:23:39.100 --> 00:23:40.042 Totally fine.
NOTE Confidence: 0.776880979537964
00:23:40.042 --> 00:23:43.339 The most important thing is that you
NOTE Confidence: 0.776880979537964
00:23:43.339 --> 00:23:46.129 choose a place where you can rest.
NOTE Confidence: 0.776880979537964
00:23:46.130 --> 00:23:47.366 In stillness.
NOTE Confidence: 0.776880979537964
00:23:47.366 --> 00:23:50.456 If your body is complaining,
NOTE Confidence: 0.776880979537964
00:23:50.460 --> 00:23:53.393 your breath is going to be affected
NOTE Confidence: 0.776880979537964
00:23:53.393 --> 00:23:56.279 and your mind is going to start.
NOTE Confidence: 0.776880979537964
00:23:56.280 --> 00:23:58.420 Bouncing back and forth telling
NOTE Confidence: 0.776880979537964
00:23:58.420 --> 00:24:00.560 you I'm I'm not comfortable,
NOTE Confidence: 0.776880979537964
00:24:00.560 --> 00:24:01.844 I'm not comfortable.
NOTE Confidence: 0.776880979537964
00:24:01.844 --> 00:24:03.128 I'm not comfortable,
NOTE Confidence: 0.776880979537964
00:24:03.130 --> 00:24:06.122 so we wanted to try to remove all
NOTE Confidence: 0.776880979537964
00:24:06.122 --> 00:24:08.380 of those extra distractions so
NOTE Confidence: 0.776880979537964

00:24:08.380 --> 00:24:11.684 that we can rest with a smooth,
NOTE Confidence: 0.776880979537964

00:24:11.690 --> 00:24:12.104 deep,
NOTE Confidence: 0.776880979537964

00:24:12.104 --> 00:24:14.174 even continuous breath and a
NOTE Confidence: 0.776880979537964

00:24:14.174 --> 00:24:16.779 mind that continues to settle and
NOTE Confidence: 0.776880979537964

00:24:16.779 --> 00:24:18.959 quiet and become more peaceful.
NOTE Confidence: 0.816150426864624

00:24:19.980 --> 00:24:26.844 Then again, establishing your
NOTE Confidence: 0.816150426864624

00:24:26.844 --> 00:24:35.424 resting position in a way
NOTE Confidence: 0.816150426864624

00:24:35.430 --> 00:24:42.782 that the physical sensations
NOTE Confidence: 0.816150426864624

00:24:42.782 --> 00:24:45.770 are. Really minimal.
NOTE Confidence: 0.944772303104401

00:24:48.970 --> 00:24:51.390 Completely supporting yourself.
NOTE Confidence: 0.879089891910553

00:24:51.930 --> 00:24:54.890 And your body recognizes
NOTE Confidence: 0.879089891910553

00:24:54.890 --> 00:24:57.850 it's being supported, so
NOTE Confidence: 0.879089891910553

00:24:57.850 --> 00:25:03.114 it enables it to release some of the
NOTE Confidence: 0.879089891910553

00:25:03.114 --> 00:25:08.210 holding or effort in different areas.
NOTE Confidence: 0.933145761489868

00:25:16.380 --> 00:25:19.710 And once your physical body is arranged.
NOTE Confidence: 0.913650095462799

00:25:22.250 --> 00:25:24.706 When you're full awareness to your breath,

NOTE Confidence: 0.913650095462799
00:25:24.710 --> 00:25:26.810 noticing the movement of your breath.
NOTE Confidence: 0.913650095462799
00:25:26.810 --> 00:25:30.090 Notice your inhale. Notice your Exhale.
NOTE Confidence: 0.928880274295807
00:25:36.640 --> 00:25:39.216 You have a choice here to maintain
NOTE Confidence: 0.928880274295807
00:25:39.216 --> 00:25:40.820 your deeper diaphragmatic breath.
NOTE Confidence: 0.928880274295807
00:25:40.820 --> 00:25:43.480 Or you can simply allow your breath
NOTE Confidence: 0.928880274295807
00:25:43.480 --> 00:25:47.580 to move at its natural rhythm.
NOTE Confidence: 0.928880274295807
00:25:47.580 --> 00:25:51.620 Uh, maybe focusing more on making
NOTE Confidence: 0.928880274295807
00:25:51.620 --> 00:25:54.979 it smooth an even continuous.
NOTE Confidence: 0.950112700462341
00:25:57.850 --> 00:26:00.408 So not necessarily a deep
NOTE Confidence: 0.950112700462341
00:26:00.408 --> 00:26:04.140 diaphragmatic breath. So your choice.
NOTE Confidence: 0.816327571868896
00:26:13.610 --> 00:26:22.200 unusual for your mind to
NOTE Confidence: 0.816327571868896
00:26:22.200 --> 00:26:26.580 periodically activate. And
NOTE Confidence: 0.900464653968811
00:26:26.580 --> 00:26:29.316 it might. You might get sort of short
NOTE Confidence: 0.900464653968811
00:26:29.316 --> 00:26:32.550 bursts of thought patterns or whatever else,
NOTE Confidence: 0.900464653968811
00:26:32.550 --> 00:26:33.986 and then it subsides.
NOTE Confidence: 0.900464653968811

00:26:33.986 --> 00:26:36.140 Or something might pop up and
NOTE Confidence: 0.900464653968811

00:26:36.216 --> 00:26:38.120 very stubbornly stay there.
NOTE Confidence: 0.900464653968811

00:26:38.120 --> 00:26:40.906 So in the case of the first,
NOTE Confidence: 0.900464653968811

00:26:40.910 --> 00:26:43.052 actually notice whether it's just a
NOTE Confidence: 0.900464653968811

00:26:43.052 --> 00:26:45.680 short occurrence or a longer occurrence.
NOTE Confidence: 0.900464653968811

00:26:45.680 --> 00:26:48.812 If it's a short occurrence, it'll come,
NOTE Confidence: 0.900464653968811

00:26:48.812 --> 00:26:52.809 it'll go if it's a longer occurrence.
NOTE Confidence: 0.900464653968811

00:26:52.810 --> 00:26:56.130 Try shifting your attention.
NOTE Confidence: 0.900464653968811

00:26:56.130 --> 00:26:59.030 To your inhale and Exhale Specifically
NOTE Confidence: 0.900464653968811

00:26:59.030 --> 00:27:00.966 Watcher Inhale Watcher XL.
NOTE Confidence: 0.900464653968811

00:27:00.970 --> 00:27:03.385 Give your mind something other
NOTE Confidence: 0.900464653968811

00:27:03.385 --> 00:27:05.768 than worry stress. You know.
NOTE Confidence: 0.900464653968811

00:27:05.768 --> 00:27:08.088 Craziness to focus on and
NOTE Confidence: 0.900464653968811

00:27:08.088 --> 00:27:10.170 focus on something useful.
NOTE Confidence: 0.900464653968811

00:27:10.170 --> 00:27:12.098 Your inhale Annular XL.
NOTE Confidence: 0.922968804836273

00:27:18.450 --> 00:27:21.065 You might notice that you can

NOTE Confidence: 0.922968804836273
00:27:21.065 --> 00:27:22.805 pull that off successfully,
NOTE Confidence: 0.922968804836273
00:27:22.810 --> 00:27:25.728 or maybe 2 1/2 breaths, maybe longer.
NOTE Confidence: 0.922968804836273
00:27:25.728 --> 00:27:28.680 And then your mind starts to activate again.
NOTE Confidence: 0.897303223609924
00:27:29.390 --> 00:27:31.458 Simply recognize that, oh,
NOTE Confidence: 0.897303223609924
00:27:31.460 --> 00:27:34.574 that's that thought again and then
NOTE Confidence: 0.897303223609924
00:27:34.574 --> 00:27:37.679 redirect your attention to the smooth,
NOTE Confidence: 0.897303223609924
00:27:37.680 --> 00:27:40.270 steady rhythm of your breath.
NOTE Confidence: 0.864764988422394
00:27:51.030 --> 00:27:58.390 Smooth continuous. Even breathing.
NOTE Confidence: 0.909030377864838
00:28:02.570 --> 00:28:06.030 Cultivating a clear, calm and tranquil mind.
NOTE Confidence: 0.786871910095215
00:28:08.350 --> 00:28:16.580 As you get ready to
NOTE Confidence: 0.786871910095215
00:28:16.580 --> 00:28:24.810 transition to the other side.
NOTE Confidence: 0.921528220176697
00:28:28.730 --> 00:28:32.458 So you can do it with your eyes closed.
NOTE Confidence: 0.921528220176697
00:28:32.460 --> 00:28:34.990 You might experiment with that.
NOTE Confidence: 0.921528220176697
00:28:34.990 --> 00:28:38.480 Uh, moving slowly with intention
NOTE Confidence: 0.921528220176697
00:28:38.480 --> 00:28:41.848 of you know maintaining.
NOTE Confidence: 0.921528220176697

00:28:41.850 --> 00:28:45.760 That peacefulness that.
NOTE Confidence: 0.921528220176697

00:28:45.760 --> 00:28:48.932 No reduced effort that
NOTE Confidence: 0.921528220176697

00:28:48.932 --> 00:28:52.104 we're trying to cultivate.
NOTE Confidence: 0.921528220176697

00:28:52.110 --> 00:28:54.756 The other side. If you like,
NOTE Confidence: 0.921528220176697

00:28:54.760 --> 00:28:57.760 you can do a little bit of OP and Ocina.
NOTE Confidence: 0.921528220176697

00:28:57.760 --> 00:28:59.560 Maybe rock from side to side.
NOTE Confidence: 0.818990349769592

00:29:00.570 --> 00:29:02.418 And then as your
NOTE Confidence: 0.818990349769592

00:29:02.420 --> 00:29:06.151 ready, once your props are in place
NOTE Confidence: 0.818990349769592

00:29:06.151 --> 00:29:09.600 for establish your. Reclining tree
NOTE Confidence: 0.928760051727295

00:29:12.750 --> 00:29:14.560 Where you place your hands really
NOTE Confidence: 0.928760051727295

00:29:14.560 --> 00:29:18.710 is up to you. If you like the UM.
NOTE Confidence: 0.928760051727295

00:29:18.710 --> 00:29:20.657 Just stretch, you know,
NOTE Confidence: 0.928760051727295

00:29:20.657 --> 00:29:25.079 creating space in the front of your rib cage.
NOTE Confidence: 0.928760051727295

00:29:25.080 --> 00:29:27.800 Your for your lungs in your heart you
NOTE Confidence: 0.928760051727295

00:29:27.800 --> 00:29:30.376 might extend your hands out wide if you're
NOTE Confidence: 0.928760051727295

00:29:30.376 --> 00:29:32.220 still working on diaphragmatic breathing.

NOTE Confidence: 0.928760051727295
00:29:32.220 --> 00:29:34.600 And you want to continue with that.
NOTE Confidence: 0.928760051727295
00:29:34.600 --> 00:29:39.330 You know your hands on your tummy is fine.
NOTE Confidence: 0.928760051727295
00:29:39.330 --> 00:29:41.668 For any other place that feels comfortable.
NOTE Confidence: 0.900323450565338
00:30:02.120 --> 00:30:05.110 It's not unusual, periodically to
NOTE Confidence: 0.900323450565338
00:30:05.110 --> 00:30:09.275 experience a slight released in your muscles,
NOTE Confidence: 0.900323450565338
00:30:09.280 --> 00:30:12.270 and as you progressively relax,
NOTE Confidence: 0.900323450565338
00:30:12.270 --> 00:30:15.250 your body detects because your
NOTE Confidence: 0.900323450565338
00:30:15.250 --> 00:30:17.634 breath is becoming smooth.
NOTE Confidence: 0.900323450565338
00:30:17.640 --> 00:30:22.416 An even an your mind is settling down.
NOTE Confidence: 0.900323450565338
00:30:22.420 --> 00:30:25.810 Your body registers all that
NOTE Confidence: 0.900323450565338
00:30:25.810 --> 00:30:29.862 and the message for your body
NOTE Confidence: 0.900323450565338
00:30:29.862 --> 00:30:33.558 is that it's safe to let go.
NOTE Confidence: 0.900323450565338
00:30:33.560 --> 00:30:35.300 It's safe to relax.
NOTE Confidence: 0.900323450565338
00:30:35.300 --> 00:30:38.328 It's safe to let down my guard.
NOTE Confidence: 0.806891143321991
00:30:40.370 --> 00:30:47.304 And if you do need to, if you
NOTE Confidence: 0.806891143321991

00:30:47.304 --> 00:30:53.373 find you need to adjust or make
NOTE Confidence: 0.806891143321991

00:30:53.380 --> 00:30:55.112 something different,
NOTE Confidence: 0.806891143321991

00:30:55.112 --> 00:30:58.576 that's completely your choice.
NOTE Confidence: 0.806891143321991

00:30:58.580 --> 00:31:02.910 Feel free to do that.
NOTE Confidence: 0.83460259437561

00:31:03.510 --> 00:31:09.648 And once your body, your physical
NOTE Confidence: 0.83460259437561

00:31:09.650 --> 00:31:15.418 presence is firmly established.
NOTE Confidence: 0.83460259437561

00:31:15.420 --> 00:31:18.360 Turn your awareness to your breath.
NOTE Confidence: 0.83460259437561

00:31:18.360 --> 00:31:21.176 Re establish that smooth,
NOTE Confidence: 0.83460259437561

00:31:21.176 --> 00:31:23.288 even continuous breath.
NOTE Confidence: 0.83460259437561

00:31:23.290 --> 00:31:26.530 How deep it is is your decision your choice.
NOTE Confidence: 0.874063014984131

00:31:28.020 --> 00:31:31.116 Once you feel that's comfortably established
NOTE Confidence: 0.874063014984131

00:31:31.120 --> 00:31:34.739 and it more or less happens on
NOTE Confidence: 0.874063014984131

00:31:34.739 --> 00:31:37.328 its own, then again elevate
NOTE Confidence: 0.874063014984131

00:31:37.328 --> 00:31:39.908 your attention to your mind.
NOTE Confidence: 0.906593561172485

00:31:46.350 --> 00:31:49.110 And again, the practices
NOTE Confidence: 0.906593561172485

00:31:49.110 --> 00:31:51.862 that constant awareness of

NOTE Confidence: 0.906593561172485
00:31:51.862 --> 00:31:53.926 what's happening physically,
NOTE Confidence: 0.906593561172485
00:31:53.930 --> 00:31:57.202 how breath is affected,
NOTE Confidence: 0.906593561172485
00:31:57.202 --> 00:32:00.474 how mind is involved.
NOTE Confidence: 0.906593561172485
00:32:00.480 --> 00:32:03.946 And if even with your physical body
NOTE Confidence: 0.906593561172485
00:32:03.946 --> 00:32:06.420 in your breath, relatively stable
NOTE Confidence: 0.906593561172485
00:32:06.420 --> 00:32:09.392 and relax your mind because mines,
NOTE Confidence: 0.906593561172485
00:32:09.392 --> 00:32:11.368 that's what mines do.
NOTE Confidence: 0.906593561172485
00:32:11.370 --> 00:32:15.330 That's their job is to is to work,
NOTE Confidence: 0.906593561172485
00:32:15.330 --> 00:32:17.810 to think, to have thoughts.
NOTE Confidence: 0.906593561172485
00:32:17.810 --> 00:32:19.794 But right now doesn't
NOTE Confidence: 0.906593561172485
00:32:19.794 --> 00:32:22.770 really need to do that so.
NOTE Confidence: 0.906593561172485
00:32:22.770 --> 00:32:25.572 Instead of whatever it's being distracted
NOTE Confidence: 0.906593561172485
00:32:25.572 --> 00:32:27.860 with or distracting itself with,
NOTE Confidence: 0.906593561172485
00:32:27.860 --> 00:32:29.712 give it another job,
NOTE Confidence: 0.906593561172485
00:32:29.712 --> 00:32:32.490 and that job is to focus
NOTE Confidence: 0.906593561172485

00:32:32.599 --> 00:32:35.245 on the coming and going.
NOTE Confidence: 0.906593561172485

00:32:35.245 --> 00:32:38.009 Watching your inhale watching
NOTE Confidence: 0.906593561172485

00:32:38.009 --> 00:32:41.747 your ex detail smoothing it out.
NOTE Confidence: 0.895438194274902

00:32:44.430 --> 00:32:47.538 Illuminating any pauses or gaps.
NOTE Confidence: 0.907077193260193

00:32:50.350 --> 00:32:54.708 And doing that as many times as you need.
NOTE Confidence: 0.907077193260193

00:32:54.710 --> 00:32:57.991 Until your mind feels. A stab Liszt in
NOTE Confidence: 0.907077193260193

00:32:57.991 --> 00:33:01.529 the here and now in the present moment.
NOTE Confidence: 0.892477750778198

00:33:22.560 --> 00:33:26.699 Smooth even continuous breathing.
NOTE Confidence: 0.893463969230652

00:33:30.020 --> 00:33:33.578 Cultivating a clear, calm and tranquil mind.
NOTE Confidence: 0.939554750919342

00:33:57.730 --> 00:34:00.438 Make a occasionally catch
NOTE Confidence: 0.939554750919342

00:34:00.438 --> 00:34:02.466 yourself dozing off.
NOTE Confidence: 0.939554750919342

00:34:02.470 --> 00:34:05.478 It's completely completely natural,
NOTE Confidence: 0.939554750919342

00:34:05.478 --> 00:34:07.734 specially mid afternoon.
NOTE Confidence: 0.939554750919342

00:34:07.740 --> 00:34:11.150 After lunch. Siesta time,
NOTE Confidence: 0.939554750919342

00:34:11.150 --> 00:34:14.180 but see if you can maintain
NOTE Confidence: 0.939554750919342

00:34:14.180 --> 00:34:15.695 your present moment.

NOTE Confidence: 0.939554750919342
00:34:15.700 --> 00:34:19.228 Awareness is kind of covering you know,
NOTE Confidence: 0.939554750919342
00:34:19.230 --> 00:34:22.260 between fully awake and falling asleep.
NOTE Confidence: 0.94460517168045
00:34:51.450 --> 00:34:53.670 When preparing to move on.
NOTE Confidence: 0.859193503856659
00:34:56.230 --> 00:34:58.058 We might like to.
NOTE Confidence: 0.859193503856659
00:34:58.060 --> 00:35:00.046 Start doing a little stretching
NOTE Confidence: 0.859193503856659
00:35:00.046 --> 00:35:02.458 or some kind of movement to
NOTE Confidence: 0.859193503856659
00:35:02.458 --> 00:35:04.716 come out of your hip opener.
NOTE Confidence: 0.859193503856659
00:35:04.720 --> 00:35:07.212 Uh, it's nice to give your knee
NOTE Confidence: 0.859193503856659
00:35:07.212 --> 00:35:09.926 a little bit of support as it
NOTE Confidence: 0.859193503856659
00:35:09.926 --> 00:35:12.260 comes out from the bend because
NOTE Confidence: 0.859193503856659
00:35:12.344 --> 00:35:14.409 sometimes that hip can settle
NOTE Confidence: 0.859193503856659
00:35:14.409 --> 00:35:16.872 a little more than we realize.
NOTE Confidence: 0.859193503856659
00:35:16.872 --> 00:35:19.224 So little support is always useful.
NOTE Confidence: 0.911835551261902
00:35:25.410 --> 00:35:28.720 And we'll move on to an inversion.
NOTE Confidence: 0.911835551261902
00:35:28.720 --> 00:35:33.409 So this is a very very gentle inversion.
NOTE Confidence: 0.911835551261902

00:35:33.410 --> 00:35:36.338 And this is different for everybody
NOTE Confidence: 0.911835551261902

00:35:36.338 --> 00:35:38.290 because everybody's got different
NOTE Confidence: 0.911835551261902

00:35:38.362 --> 00:35:40.130 types of props available.
NOTE Confidence: 0.911835551261902

00:35:40.130 --> 00:35:44.018 So if you have a three seater couch you
NOTE Confidence: 0.911835551261902

00:35:44.018 --> 00:35:47.326 might prop up those three cushions.
NOTE Confidence: 0.911835551261902

00:35:47.330 --> 00:35:50.210 I happen to have lovely yoga
NOTE Confidence: 0.911835551261902

00:35:50.210 --> 00:35:53.378 bolster which I adore and a lovely
NOTE Confidence: 0.911835551261902

00:35:53.378 --> 00:35:56.705 yoga blank which I equally adore.
NOTE Confidence: 0.911835551261902

00:35:56.705 --> 00:35:59.486 And then I have this lovely cushion
NOTE Confidence: 0.911835551261902

00:35:59.486 --> 00:36:02.814 from my one of my arm chairs that I.
NOTE Confidence: 0.911835551261902

00:36:02.814 --> 00:36:05.963 Really love because of the colour so just
NOTE Confidence: 0.911835551261902

00:36:05.963 --> 00:36:09.250 about as high as I think I wanna go today.
NOTE Confidence: 0.911835551261902

00:36:09.250 --> 00:36:10.710 You can go higher,
NOTE Confidence: 0.911835551261902

00:36:10.710 --> 00:36:14.553 you can go lower if you do go higher make
NOTE Confidence: 0.911835551261902

00:36:14.553 --> 00:36:18.118 sure that it's not going to like go over.
NOTE Confidence: 0.911835551261902

00:36:18.120 --> 00:36:21.120 Like the Leaning Tower of Pisa.

NOTE Confidence: 0.911835551261902
00:36:21.120 --> 00:36:25.060 Then maybe find your lower legs.
NOTE Confidence: 0.911835551261902
00:36:25.060 --> 00:36:26.930 On your prop, second inversion.
NOTE Confidence: 0.911835551261902
00:36:26.930 --> 00:36:27.974 Going on here.
NOTE Confidence: 0.911835551261902
00:36:27.974 --> 00:36:30.410 Feet are off the floor and I'm
NOTE Confidence: 0.911835551261902
00:36:30.491 --> 00:36:32.885 gonna kind of send myself back.
NOTE Confidence: 0.911835551261902
00:36:32.890 --> 00:36:34.760 I'm gonna guide myself back.
NOTE Confidence: 0.909803152084351
00:36:37.130 --> 00:36:39.708 And make sure I have a pillow
NOTE Confidence: 0.909803152084351
00:36:39.710 --> 00:36:42.307 under my head. Sometimes it's nice to
NOTE Confidence: 0.909803152084351
00:36:42.307 --> 00:36:45.354 like roll up a towel or washcloth and
NOTE Confidence: 0.909803152084351
00:36:45.354 --> 00:36:48.335 put that behind the curve of your neck
NOTE Confidence: 0.909803152084351
00:36:48.335 --> 00:36:50.778 just under the base of your skull.
NOTE Confidence: 0.909803152084351
00:36:50.780 --> 00:36:52.630 That's a little extra support.
NOTE Confidence: 0.909803152084351
00:36:52.630 --> 00:36:55.574 And if your neck tends to be tight,
NOTE Confidence: 0.909803152084351
00:36:55.580 --> 00:36:59.270 or you know if that's an issue area for you,
NOTE Confidence: 0.909803152084351
00:36:59.270 --> 00:37:01.846 a little extra support is always nice.
NOTE Confidence: 0.880420327186584

00:37:04.430 --> 00:37:07.820 So once you get your, uh.
NOTE Confidence: 0.880420327186584

00:37:07.820 --> 00:37:09.926 The height of your props in
NOTE Confidence: 0.880420327186584

00:37:09.926 --> 00:37:11.760 your body settled from here.
NOTE Confidence: 0.880420327186584

00:37:11.760 --> 00:37:13.890 Decide what you would like to
NOTE Confidence: 0.880420327186584

00:37:13.890 --> 00:37:16.050 do with your hands and arms.
NOTE Confidence: 0.880420327186584

00:37:16.050 --> 00:37:18.198 You might be continuing to work,
NOTE Confidence: 0.880420327186584

00:37:18.200 --> 00:37:20.015 um, just watching your diaphragm
NOTE Confidence: 0.880420327186584

00:37:20.015 --> 00:37:22.499 moves and a tummy rise and fall.
NOTE Confidence: 0.924427688121796

00:37:26.450 --> 00:37:28.922 You might just rest your hands palms
NOTE Confidence: 0.924427688121796

00:37:28.922 --> 00:37:31.839 up any 68 inches away from your body.
NOTE Confidence: 0.912719011306763

00:37:35.710 --> 00:37:39.656 If you are uhm, you know upper body is fun.
NOTE Confidence: 0.912719011306763

00:37:39.660 --> 00:37:42.516 You want to continue or introduce a little
NOTE Confidence: 0.912719011306763

00:37:42.516 --> 00:37:45.188 bit more openness across your chest.
NOTE Confidence: 0.912719011306763

00:37:45.190 --> 00:37:48.242 You can try arms and hands of
NOTE Confidence: 0.912719011306763

00:37:48.242 --> 00:37:50.980 extending away from your shoulders.
NOTE Confidence: 0.912719011306763

00:37:50.980 --> 00:37:52.980 And this is fine as long as your

NOTE Confidence: 0.912719011306763

00:37:52.980 --> 00:37:54.750 lower back doesn't pop off the floor.

NOTE Confidence: 0.912719011306763

00:37:54.750 --> 00:37:56.409 So you want to make sure that

NOTE Confidence: 0.912719011306763

00:37:56.409 --> 00:37:57.759 your lower back is settled.

NOTE Confidence: 0.819003641605377

00:37:59.810 --> 00:38:05.978 And then once you settle in and take

NOTE Confidence: 0.819003641605377

00:38:05.978 --> 00:38:12.607 as much time as you need to do that,

NOTE Confidence: 0.819003641605377

00:38:12.610 --> 00:38:17.130 it can be a little awkward

NOTE Confidence: 0.819003641605377

00:38:17.130 --> 00:38:23.146 trying to find the stability for your prop,

NOTE Confidence: 0.819003641605377

00:38:23.150 --> 00:38:27.950 so feel free to. Uh, experiment?

NOTE Confidence: 0.819003641605377

00:38:27.950 --> 00:38:30.350 Maybe try something different.

NOTE Confidence: 0.819003641605377

00:38:30.350 --> 00:38:32.750 If something isn't working.

NOTE Confidence: 0.916709005832672

00:38:40.460 --> 00:38:43.160 So each time we transitioned with

NOTE Confidence: 0.916709005832672

00:38:43.160 --> 00:38:45.776 these poses, each time we move,

NOTE Confidence: 0.916709005832672

00:38:45.776 --> 00:38:49.010 it's not just our body that moves,

NOTE Confidence: 0.916709005832672

00:38:49.010 --> 00:38:51.710 we actually affect our breath pattern,

NOTE Confidence: 0.916709005832672

00:38:51.710 --> 00:38:54.657 so that might be another thing to

NOTE Confidence: 0.916709005832672

00:38:54.657 --> 00:38:56.873 include when you do transition
NOTE Confidence: 0.916709005832672

00:38:56.873 --> 00:38:59.883 from pose to pose is notice like
NOTE Confidence: 0.916709005832672

00:38:59.883 --> 00:39:02.509 what happens with your breath?
NOTE Confidence: 0.916709005832672

00:39:02.510 --> 00:39:06.020 Does it suddenly speed up or does it become
NOTE Confidence: 0.916709005832672

00:39:06.020 --> 00:39:09.710 a little more shallow or digital jerky?
NOTE Confidence: 0.915959477424622

00:39:14.630 --> 00:39:17.670 And because you know, it's really.
NOTE Confidence: 0.915959477424622

00:39:17.670 --> 00:39:20.687 Not so useful to carry that pattern
NOTE Confidence: 0.915959477424622

00:39:20.687 --> 00:39:23.539 into your next restorative pose.
NOTE Confidence: 0.915959477424622

00:39:23.540 --> 00:39:25.492 Once your body settles,
NOTE Confidence: 0.915959477424622

00:39:25.492 --> 00:39:27.932 then attend to your breath.
NOTE Confidence: 0.718374133110046

00:39:31.850 --> 00:39:37.840 Smooth. Even. Continuous.
NOTE Confidence: 0.848674297332764

00:39:40.980 --> 00:39:47.190 Without noise. Without cause.
NOTE Confidence: 0.785474598407745

00:39:51.040 --> 00:39:54.259 So the message
NOTE Confidence: 0.785474598407745

00:40:02.840 --> 00:40:09.278 to come out of that accelerated
NOTE Confidence: 0.785474598407745

00:40:09.278 --> 00:40:13.570 state. You know, fight,
NOTE Confidence: 0.785474598407745

00:40:13.570 --> 00:40:17.870 flight, freeze, or fawn.

NOTE Confidence: 0.943874359130859
00:40:21.210 --> 00:40:24.450 And now I've created this perfectly
NOTE Confidence: 0.943874359130859
00:40:24.450 --> 00:40:27.150 safe tranquil place for myself.
NOTE Confidence: 0.944424390792847
00:40:30.310 --> 00:40:33.320 So that my sympathetic nervous system,
NOTE Confidence: 0.944424390792847
00:40:33.320 --> 00:40:37.334 the one that reacts to everything around us,
NOTE Confidence: 0.944424390792847
00:40:37.340 --> 00:40:40.150 gives way to our parasympathetic
NOTE Confidence: 0.944424390792847
00:40:40.150 --> 00:40:42.960 nervous system that allows is
NOTE Confidence: 0.944424390792847
00:40:43.057 --> 00:40:45.864 to calm down to rest to digest.
NOTE Confidence: 0.819071114063263
00:40:47.360 --> 00:40:52.000 So that we can restore
NOTE Confidence: 0.819071114063263
00:40:52.000 --> 00:40:56.510 a sense of equanimity.
NOTE Confidence: 0.819071114063263
00:40:56.510 --> 00:40:59.040 To ourselves, physically.
NOTE Confidence: 0.819071114063263
00:40:59.040 --> 00:41:00.860 And mentally, emotionally.
NOTE Confidence: 0.794574201107025
00:41:03.040 --> 00:41:12.518 This is the greatest gift you can
NOTE Confidence: 0.794574201107025
00:41:12.520 --> 00:41:17.530 give yourself. Gifted relaxation
NOTE Confidence: 0.755627900362015
00:41:22.300 --> 00:41:26.268 I miss you. Continue
NOTE Confidence: 0.949002206325531
00:41:26.270 --> 00:41:29.510 along with your systematic
NOTE Confidence: 0.949002206325531

00:41:29.510 --> 00:41:32.750 your awareness with relaxation.
NOTE Confidence: 0.949002206325531

00:41:32.750 --> 00:41:34.676 You're replenishing, nourishing
NOTE Confidence: 0.949002206325531

00:41:34.676 --> 00:41:37.886 yourself on the minutest level.
NOTE Confidence: 0.917180478572845

00:41:40.010 --> 00:41:42.642 Because you've established a smooth
NOTE Confidence: 0.917180478572845

00:41:42.642 --> 00:41:46.331 even flow of breathing, your cells are
NOTE Confidence: 0.917180478572845

00:41:46.331 --> 00:41:49.493 getting the oxygen that they need.
NOTE Confidence: 0.903545737266541

00:41:51.830 --> 00:41:56.905 In turn, your tissues your glands.
NOTE Confidence: 0.903545737266541

00:41:56.905 --> 00:41:59.920 Your muscles, your organs,
NOTE Confidence: 0.903545737266541

00:41:59.920 --> 00:42:02.600 all replenished, all nourished.
NOTE Confidence: 0.92725396156311

00:42:24.870 --> 00:42:28.262 We can't continue, uh, working,
NOTE Confidence: 0.92725396156311

00:42:28.262 --> 00:42:30.980 functioning, fulfilling our obligations.
NOTE Confidence: 0.92725396156311

00:42:30.980 --> 00:42:35.728 If we're doing that with an empty,
NOTE Confidence: 0.92725396156311

00:42:35.730 --> 00:42:38.450 empty gas tank, basically.
NOTE Confidence: 0.879120111465454

00:42:44.660 --> 00:42:49.149 When we deplete ourselves.
NOTE Confidence: 0.879120111465454

00:42:49.150 --> 00:42:52.538 And don't take time to restore and rest.
NOTE Confidence: 0.879120111465454

00:42:52.540 --> 00:42:54.592 It begins to breakdown.

NOTE Confidence: 0.879120111465454
00:42:54.592 --> 00:42:57.623 Are tissues or muscles are organs
NOTE Confidence: 0.879120111465454
00:42:57.623 --> 00:43:00.865 and we become more susceptible to.
NOTE Confidence: 0.879120111465454
00:43:00.865 --> 00:43:03.580 Our illness and disease.
NOTE Confidence: 0.819369256496429
00:43:05.950 --> 00:43:11.860 But when we do take time too. Make
NOTE Confidence: 0.917277455329895
00:43:11.860 --> 00:43:15.610 sure that we have enough rest,
NOTE Confidence: 0.917277455329895
00:43:15.610 --> 00:43:17.485 relaxation breath awareness.
NOTE Confidence: 0.917277455329895
00:43:17.485 --> 00:43:21.244 We begin to rejuvenate, refill those
NOTE Confidence: 0.917277455329895
00:43:21.244 --> 00:43:24.379 reserves that have been spent.
NOTE Confidence: 0.823393046855927
00:43:27.630 --> 00:43:34.085 Our bodies can more efficiently
NOTE Confidence: 0.823393046855927
00:43:34.085 --> 00:43:41.050 remove those toxins and. Ah.
NOTE Confidence: 0.950757205486298
00:43:43.790 --> 00:43:46.760 Materials that our bodies no longer need.
NOTE Confidence: 0.569444179534912
00:43:54.900 --> 00:44:03.669 you feel ready.
NOTE Confidence: 0.760295927524567
00:44:06.120 --> 00:44:10.560 Take a moment. Begin
NOTE Confidence: 0.86246383190155
00:44:10.560 --> 00:44:13.000 to release your inversion.
NOTE Confidence: 0.858575940132141
00:44:17.290 --> 00:44:19.810 Gently move your props aside.
NOTE Confidence: 0.882114410400391

00:44:24.200 --> 00:44:26.910 And find your chair. Find
NOTE Confidence: 0.882114410400391

00:44:26.910 --> 00:44:30.156 the place where you plan to
NOTE Confidence: 0.882114410400391

00:44:30.156 --> 00:44:32.320 sit for your meditation.
NOTE Confidence: 0.746147692203522

00:45:13.100 --> 00:45:20.865 Take as much time as
NOTE Confidence: 0.746147692203522

00:45:20.865 --> 00:45:28.640 you need to get settled.
NOTE Confidence: 0.894030272960663

00:45:34.240 --> 00:45:38.000 So this practice is called a whole into
NOTE Confidence: 0.894030272960663

00:45:38.000 --> 00:45:41.392 a harness is Sanskrit word and it means
NOTE Confidence: 0.894030272960663

00:45:41.392 --> 00:45:45.294 to bring back and what we're doing is
NOTE Confidence: 0.894030272960663

00:45:45.294 --> 00:45:48.340 we're actually bringing our minds back,
NOTE Confidence: 0.894030272960663

00:45:48.340 --> 00:45:51.160 uh, to rest in our bodies,
NOTE Confidence: 0.894030272960663

00:45:51.160 --> 00:45:54.359 we tend to have a split between
NOTE Confidence: 0.894030272960663

00:45:54.359 --> 00:45:57.250 what our bodies are doing and
NOTE Confidence: 0.894030272960663

00:45:57.250 --> 00:45:59.620 what our minds are doing.
NOTE Confidence: 0.894030272960663

00:45:59.620 --> 00:46:03.276 So we're not always conscious of of the
NOTE Confidence: 0.894030272960663

00:46:03.276 --> 00:46:06.709 effect of what's going on our minds.
NOTE Confidence: 0.894030272960663

00:46:06.710 --> 00:46:10.246 On our bodies or was happening with our

NOTE Confidence: 0.894030272960663
00:46:10.246 --> 00:46:13.336 bodies, how does that affect our minds?
NOTE Confidence: 0.894030272960663
00:46:13.340 --> 00:46:16.434 So this particular is actually a breath
NOTE Confidence: 0.894030272960663
00:46:16.434 --> 00:46:19.526 practice, but it can also be considered.
NOTE Confidence: 0.894030272960663
00:46:19.530 --> 00:46:22.407 A meditation is meant to help to
NOTE Confidence: 0.894030272960663
00:46:22.407 --> 00:46:24.502 eliminate the split between those
NOTE Confidence: 0.894030272960663
00:46:24.502 --> 00:46:27.606 two so that your body and your mind
NOTE Confidence: 0.894030272960663
00:46:27.685 --> 00:46:30.137 or working seamlessly together.
NOTE Confidence: 0.894030272960663
00:46:30.140 --> 00:46:32.700 The secret of uniting those
NOTE Confidence: 0.894030272960663
00:46:32.700 --> 00:46:35.260 two is your breath so.
NOTE Confidence: 0.894030272960663
00:46:35.260 --> 00:46:36.700 That's where we're going.
NOTE Confidence: 0.894030272960663
00:46:36.700 --> 00:46:39.220 Uh, it will take about 10 minutes.
NOTE Confidence: 0.953809976577759
00:46:41.500 --> 00:46:43.405 And I'm going to read a
NOTE Confidence: 0.953809976577759
00:46:43.405 --> 00:46:44.970 little bit of a description
NOTE Confidence: 0.953809976577759
00:46:45.040 --> 00:46:47.170 of what we're doing before we
NOTE Confidence: 0.953809976577759
00:46:47.170 --> 00:46:49.760 actually start the practice.
NOTE Confidence: 0.890679478645325

00:46:49.760 --> 00:46:51.338 So begin by
NOTE Confidence: 0.890679478645325

00:46:51.340 --> 00:46:53.452 sitting in a comfortable
NOTE Confidence: 0.890679478645325

00:46:53.452 --> 00:46:56.092 meditative pose with your head,
NOTE Confidence: 0.890679478645325

00:46:56.100 --> 00:46:59.256 your neck and your trunk aligned.
NOTE Confidence: 0.938400208950043

00:47:05.340 --> 00:47:09.090 Begin to close your eyes.
NOTE Confidence: 0.938400208950043

00:47:09.090 --> 00:47:11.378 You can rest your hands either on
NOTE Confidence: 0.938400208950043

00:47:11.378 --> 00:47:13.680 your legs or perhaps in your lap,
NOTE Confidence: 0.938400208950043

00:47:13.680 --> 00:47:15.320 wherever it feels most natural.
NOTE Confidence: 0.914565622806549

00:47:19.680 --> 00:47:22.132 Begin to withdraw your
NOTE Confidence: 0.914565622806549

00:47:22.132 --> 00:47:24.580 mind from all directions.
NOTE Confidence: 0.950481116771698

00:47:28.030 --> 00:47:31.178 Become aware of your body.
NOTE Confidence: 0.950481116771698

00:47:31.180 --> 00:47:33.790 And the space that it occupies.
NOTE Confidence: 0.947518825531006

00:47:38.430 --> 00:47:41.045 Remind yourself that the time you've
NOTE Confidence: 0.947518825531006

00:47:41.045 --> 00:47:43.960 put aside for meditation is precious.
NOTE Confidence: 0.924919545650482

00:47:46.000 --> 00:47:48.400 Meditation is a time when you're
NOTE Confidence: 0.924919545650482

00:47:48.400 --> 00:47:50.400 with yourself in the present,

NOTE Confidence: 0.924919545650482

00:47:50.400 --> 00:47:53.200 not the past and not the future.

NOTE Confidence: 0.943987786769867

00:47:55.910 --> 00:47:57.194 During meditation,

NOTE Confidence: 0.943987786769867

00:47:57.194 --> 00:48:00.170 you're free from friends.

NOTE Confidence: 0.943987786769867

00:48:00.170 --> 00:48:06.970 Photos. Honor. Insult.

NOTE Confidence: 0.943987786769867

00:48:06.970 --> 00:48:12.020 Game. And Los. You're

NOTE Confidence: 0.921109616756439

00:48:12.020 --> 00:48:16.260 free of your good and bad habits.

NOTE Confidence: 0.921109616756439

00:48:16.260 --> 00:48:18.670 Your virtues and your vices.

NOTE Confidence: 0.964755058288574

00:48:21.260 --> 00:48:24.275 Remind yourself that you were born

NOTE Confidence: 0.964755058288574

00:48:24.275 --> 00:48:27.270 without a specific identity. Free

NOTE Confidence: 0.930961549282074

00:48:27.270 --> 00:48:30.679 of feelings of being rich or poor.

NOTE Confidence: 0.930961549282074

00:48:30.680 --> 00:48:37.480 Beautiful or ugly. You are a carefree.

NOTE Confidence: 0.930961549282074

00:48:37.480 --> 00:48:41.294 Innocent being. Feelings of shame

NOTE Confidence: 0.930961549282074

00:48:41.294 --> 00:48:43.500 and unworthiness were nonexistent.

NOTE Confidence: 0.934060037136078

00:48:45.640 --> 00:48:48.098 Fear and anxiety couldn't

NOTE Confidence: 0.934060037136078

00:48:48.098 --> 00:48:50.580 touch you. You're now

NOTE Confidence: 0.878128528594971

00:48:50.580 --> 00:48:52.792 meditating to restore your
NOTE Confidence: 0.878128528594971

00:48:52.792 --> 00:48:55.004 pure and pristine being.
NOTE Confidence: 0.938997328281403

00:49:00.220 --> 00:49:03.300 To begin, pay attention to your breathing.
NOTE Confidence: 0.883758187294006

00:49:06.400 --> 00:49:13.900 Breathe gently. Smoothly. And deeply.
NOTE Confidence: 0.951863646507263

00:49:17.740 --> 00:49:19.620 Don't exert yourself.
NOTE Confidence: 0.925963819026947

00:49:21.460 --> 00:49:25.050 Stay within your normal capacity while
NOTE Confidence: 0.925963819026947

00:49:25.050 --> 00:49:31.420 you take 5 to 7 smooth deep breaths.
NOTE Confidence: 0.925963819026947

00:49:31.420 --> 00:49:33.630 There should be no noise or
NOTE Confidence: 0.925963819026947

00:49:33.630 --> 00:49:35.110 jerkiness in your breath.
NOTE Confidence: 0.851510405540466

00:49:56.890 --> 00:49:59.110 your body and nervous
NOTE Confidence: 0.851510405540466

00:49:59.110 --> 00:50:01.880 system are calm and quiet.
NOTE Confidence: 0.903387904167175

00:50:02.430 --> 00:50:04.478 Bring your attention to
NOTE Confidence: 0.903387904167175

00:50:04.480 --> 00:50:09.840 the center of your forehead. Bring this
NOTE Confidence: 0.903387904167175

00:50:09.840 --> 00:50:12.800 center into your conscious awareness.
NOTE Confidence: 0.942988932132721

00:50:15.520 --> 00:50:17.290 Make sure that while attempting to
NOTE Confidence: 0.942988932132721

00:50:17.290 --> 00:50:19.600 focus at the center of your forehead,

NOTE Confidence: 0.942988932132721
00:50:19.600 --> 00:50:22.230 you're not putting any strain
NOTE Confidence: 0.942988932132721
00:50:22.230 --> 00:50:26.160 on your eyes. Remain relaxed.
NOTE Confidence: 0.936164498329163
00:50:28.230 --> 00:50:30.170 Feel your presence at the
NOTE Confidence: 0.936164498329163
00:50:30.170 --> 00:50:31.722 center of your forehead.
NOTE Confidence: 0.936164498329163
00:50:31.730 --> 00:50:36.000 And take three smooth deep breaths.
NOTE Confidence: 0.767330408096313
00:50:41.260 --> 00:50:45.115 Filling your presence
NOTE Confidence: 0.767330408096313
00:50:45.115 --> 00:50:51.540 being you're aware of only
NOTE Confidence: 0.767330408096313
00:50:51.540 --> 00:50:58.348 your inhalation and exhalation.
NOTE Confidence: 0.767330408096313
00:50:58.350 --> 00:50:59.756 'cause you're sitting
NOTE Confidence: 0.767330408096313
00:50:59.756 --> 00:51:01.808 comfortably with your head.
NOTE Confidence: 0.767330408096313
00:51:01.810 --> 00:51:04.090 Neck and trunk in a straight
NOTE Confidence: 0.767330408096313
00:51:04.090 --> 00:51:06.574 line and your body and nervous
NOTE Confidence: 0.767330408096313
00:51:06.574 --> 00:51:08.814 system or completely at rest.
NOTE Confidence: 0.767330408096313
00:51:08.820 --> 00:51:12.430 With your diaphragm moving effortlessly.
NOTE Confidence: 0.767330408096313
00:51:12.430 --> 00:51:16.290 You have no aware of the anatomical
NOTE Confidence: 0.767330408096313

00:51:16.290 --> 00:51:18.590 dimension of your breath.
NOTE Confidence: 0.767330408096313

00:51:18.590 --> 00:51:23.304 Your mind is free to feel the more subtle.
NOTE Confidence: 0.767330408096313

00:51:23.310 --> 00:51:25.602 Energetic counterpart of your breath
NOTE Confidence: 0.767330408096313

00:51:25.602 --> 00:51:28.350 at the center of your forehead.
NOTE Confidence: 0.873031318187714

00:51:32.880 --> 00:51:36.390 Breath and mind are fully united.
NOTE Confidence: 0.909246265888214

00:51:39.020 --> 00:51:40.860 While maintaining this state
NOTE Confidence: 0.909246265888214

00:51:40.860 --> 00:51:45.095 of awareness at the center of your forehead.
NOTE Confidence: 0.909246265888214

00:51:45.095 --> 00:51:51.960 Again, take three smooth deep breaths.
NOTE Confidence: 0.909246265888214

00:51:51.960 --> 00:51:55.536 And a breath is one. Inhale one Exhale.
NOTE Confidence: 0.907349169254303

00:51:57.430 --> 00:51:59.798 Now bring your attention
NOTE Confidence: 0.907349169254303

00:51:59.800 --> 00:52:03.868 to the center between your eyebrows.
NOTE Confidence: 0.907349169254303

00:52:03.870 --> 00:52:05.970 And take one deep breath.
NOTE Confidence: 0.856303811073303

00:52:08.170 --> 00:52:10.249 Next, bring your
NOTE Confidence: 0.856303811073303

00:52:10.250 --> 00:52:14.570 attention to your eyes.
NOTE Confidence: 0.856303811073303

00:52:14.570 --> 00:52:18.090 And take one complete breath.
NOTE Confidence: 0.679407954216003

00:52:18.090 --> 00:52:26.060 Move on to your nostrils. And

NOTE Confidence: 0.90114426612854
00:52:26.060 --> 00:52:29.790 again, take one breath gently.
NOTE Confidence: 0.90114426612854
00:52:29.790 --> 00:52:32.250 Smoothly and silently.
NOTE Confidence: 0.936059772968292
00:52:37.010 --> 00:52:39.846 You are so deeply absorbed that you
NOTE Confidence: 0.936059772968292
00:52:39.846 --> 00:52:42.682 have no awareness of any part of
NOTE Confidence: 0.936059772968292
00:52:42.682 --> 00:52:45.110 your body other than your nostrils.
NOTE Confidence: 0.910737454891205
00:52:48.680 --> 00:52:50.838 Next spring your attention to
NOTE Confidence: 0.910737454891205
00:52:50.838 --> 00:52:54.068 your throat. One full breath.
NOTE Confidence: 0.888564825057983
00:52:57.010 --> 00:53:03.540 Your shoulders. One full breath.
NOTE Confidence: 0.888564825057983
00:53:03.540 --> 00:53:10.240 Your upper arms. One full breath.
NOTE Confidence: 0.765385031700134
00:53:12.870 --> 00:53:21.180 Your elbows. One full breaths.
NOTE Confidence: 0.765385031700134
00:53:21.180 --> 00:53:25.810 Your wrists. One full breath.
NOTE Confidence: 0.660483419895172
00:53:29.020 --> 00:53:36.380 Your Palms. One full breath.
NOTE Confidence: 0.660483419895172
00:53:36.380 --> 00:53:40.360 Now bring your attention to
NOTE Confidence: 0.842312753200531
00:53:40.360 --> 00:53:45.700 your fingertips and take 2 deep.
NOTE Confidence: 0.842312753200531
00:53:45.700 --> 00:53:48.690 Relaxed breaths.
NOTE Confidence: 0.842312753200531

00:53:48.690 --> 00:53:51.140 Two breaths at your fingertips.
NOTE Confidence: 0.844816088676453

00:53:56.190 --> 00:53:59.440 Move your attention back to
NOTE Confidence: 0.844816088676453

00:53:59.440 --> 00:54:03.340 your poms and take one breath.
NOTE Confidence: 0.804657260576884

00:54:08.410 --> 00:54:11.848 Wrists. One breath.
NOTE Confidence: 0.832599461078644

00:54:17.290 --> 00:54:20.200 Elbows one breath.
NOTE Confidence: 0.905162990093231

00:54:24.890 --> 00:54:30.550 Upper arms One breath.
NOTE Confidence: 0.905162990093231

00:54:30.550 --> 00:54:36.448 Shoulders. One breath.
NOTE Confidence: 0.894172251224518

00:54:40.980 --> 00:54:44.350 Throat. One breath.
NOTE Confidence: 0.757013976573944

00:54:48.750 --> 00:54:52.220 Heart. One breath.
NOTE Confidence: 0.882107555866241

00:54:57.350 --> 00:55:01.029 Bottom of your sternum? One breath.
NOTE Confidence: 0.811992049217224

00:55:05.640 --> 00:55:12.380 Your navel center one breath.
NOTE Confidence: 0.811992049217224

00:55:12.380 --> 00:55:17.860 Your pelvis? One breath.
NOTE Confidence: 0.860184013843536

00:55:21.300 --> 00:55:23.920 Now bring your attention to
NOTE Confidence: 0.860184013843536

00:55:23.920 --> 00:55:26.632 your perineum, which is
NOTE Confidence: 0.860184013843536

00:55:26.632 --> 00:55:30.022 the base of your pelvis.
NOTE Confidence: 0.860184013843536

00:55:30.030 --> 00:55:33.780 And take two breaths at your perineum.

NOTE Confidence: 0.739558041095734
00:55:36.960 --> 00:55:43.165 Who's your attention? Back to
NOTE Confidence: 0.739558041095734
00:55:43.165 --> 00:55:50.610 your pelvis and take one breath.
NOTE Confidence: 0.868903040885925
00:55:55.380 --> 00:55:58.790 Your naval center. One breath.
NOTE Confidence: 0.809973180294037
00:56:01.660 --> 00:56:06.850 The bottom of your sternum one breath.
NOTE Confidence: 0.910104990005493
00:56:11.570 --> 00:56:15.140 Your heart. One breath.
NOTE Confidence: 0.915082216262817
00:56:20.230 --> 00:56:23.540 Your throat. One breast.
NOTE Confidence: 0.864109814167023
00:56:27.590 --> 00:56:31.150 Your nostrils? One breath.
NOTE Confidence: 0.923379898071289
00:56:36.290 --> 00:56:39.570 Your eyes. One breath.
NOTE Confidence: 0.819143295288086
00:56:43.460 --> 00:56:48.420 Your eyebrows center. One breath.
NOTE Confidence: 0.940811693668365
00:56:53.470 --> 00:56:55.458 The center of your forehead.
NOTE Confidence: 0.82920914888382
00:56:56.530 --> 00:56:57.720 One breast.
NOTE Confidence: 0.938435256481171
00:57:06.360 --> 00:57:09.130 Now bring your attention to the Crown
NOTE Confidence: 0.938435256481171
00:57:09.130 --> 00:57:12.915 of your head. Your Crown Center is just
NOTE Confidence: 0.938435256481171
00:57:12.915 --> 00:57:18.062 above the top of your head. At this center,
NOTE Confidence: 0.938435256481171
00:57:18.062 --> 00:57:21.810 take three to five full breaths.
NOTE Confidence: 0.880488157272339

00:57:22.930 --> 00:57:25.798 Enough to cultivate a
NOTE Confidence: 0.880488157272339
00:57:25.800 --> 00:57:27.954 significant degree of
NOTE Confidence: 0.880488157272339
00:57:27.954 --> 00:57:30.826 awareness at this center.
NOTE Confidence: 0.666292905807495
00:57:32.400 --> 00:57:42.512 Rest your
NOTE Confidence: 0.666292905807495
00:57:42.512 --> 00:57:47.568 awareness.
NOTE Confidence: 0.666292905807495
00:57:47.570 --> 00:57:49.160 At your crowd center.
NOTE Confidence: 0.932942450046539
00:58:09.890 --> 00:58:13.298 To release the practice, begin to be aware
NOTE Confidence: 0.932942450046539
00:58:13.300 --> 00:58:16.708 of the space that your body and habits.
NOTE Confidence: 0.929722487926483
00:58:20.390 --> 00:58:22.980 Be aware of the space around you.
NOTE Confidence: 0.818792939186096
00:58:25.300 --> 00:58:27.670 The room you're in.
NOTE Confidence: 0.845649003982544
00:58:30.450 --> 00:58:32.885 He, like you, can bring
NOTE Confidence: 0.845649003982544
00:58:32.885 --> 00:58:34.830 your hands together, breath
NOTE Confidence: 0.845649003982544
00:58:34.830 --> 00:58:38.726 them gently create a little bit of heat,
NOTE Confidence: 0.845649003982544
00:58:38.730 --> 00:58:42.626 and then place your palms over your eyes.
NOTE Confidence: 0.730665802955627
00:58:45.010 --> 00:58:51.540 Opening your eyes into your poms.
NOTE Confidence: 0.929668784141541
00:58:54.590 --> 00:58:58.345 The reminder that we inhabit both the

NOTE Confidence: 0.929668784141541

00:58:58.345 --> 00:59:02.030 outside world world inside of ourselves.

NOTE Confidence: 0.92629736661911

00:59:04.130 --> 00:59:06.130 Eventually bring your hands to rest,

NOTE Confidence: 0.92629736661911

00:59:06.130 --> 00:59:08.468 palms together in front of your chest.

NOTE Confidence: 0.935590386390686

00:59:10.870 --> 00:59:13.360 Take a moment to express' a sense

NOTE Confidence: 0.935590386390686

00:59:13.360 --> 00:59:15.538 of gratitude to yourself for coming

NOTE Confidence: 0.935590386390686

00:59:15.538 --> 00:59:17.590 today for this very special kind

NOTE Confidence: 0.935590386390686

00:59:17.590 --> 00:59:19.390 of self care. Self nourishing.

NOTE Confidence: 0.844488441944122

00:59:22.520 --> 00:59:24.852 Tommy Manaha Shiva Sankalpa must do.

NOTE Confidence: 0.844488441944122

00:59:24.852 --> 00:59:26.722 May my mind be filled

NOTE Confidence: 0.844488441944122

00:59:26.722 --> 00:59:28.160 with auspicious thoughts.

NOTE Confidence: 0.844488441944122

00:59:28.160 --> 00:59:30.578 And if you like lifting your

NOTE Confidence: 0.844488441944122

00:59:30.580 --> 00:59:32.600 thumbs to your forehead center,

NOTE Confidence: 0.844488441944122

00:59:32.600 --> 00:59:34.640 Boeig forward and gratitude for

NOTE Confidence: 0.844488441944122

00:59:34.640 --> 00:59:37.030 the practice of yoga nomis day.