

WEBVTT

NOTE duration:"00:26:37.6640000"

NOTE language:en-us

NOTE Confidence: 0.74942863

00:00:00.000 --> 00:00:01.380 Now we sit with our share.

NOTE Confidence: 0.74942863

00:00:01.380 --> 00:00:03.108 We're going to sit toward the front of

NOTE Confidence: 0.74942863

00:00:03.108 --> 00:00:04.809 our chair so that we're on the chair.

NOTE Confidence: 0.74942863

00:00:04.810 --> 00:00:06.616 And then we're going to bring

NOTE Confidence: 0.74942863

00:00:06.616 --> 00:00:08.850 our feet hit with distance apart.

NOTE Confidence: 0.74942863

00:00:08.850 --> 00:00:10.999 To be over the ankles for support,

NOTE Confidence: 0.74942863

00:00:11.000 --> 00:00:14.690 the arms are just to be resting on it.

NOTE Confidence: 0.74942863

00:00:14.690 --> 00:00:16.910 And we're going to be mostly on the legs and

NOTE Confidence: 0.74942863

00:00:16.961 --> 00:00:19.026 we're just going to relax your shoulders.

NOTE Confidence: 0.74942863

00:00:19.030 --> 00:00:20.950 And then as we're sitting here,

NOTE Confidence: 0.74942863

00:00:20.950 --> 00:00:23.476 will level out the hand and.

NOTE Confidence: 0.74942863

00:00:23.480 --> 00:00:27.380 Close your eyes. At the tip of your

NOTE Confidence: 0.74942863

00:00:27.380 --> 00:00:30.098 tongue rests at the roof of your mouth.

NOTE Confidence: 0.74942863

00:00:30.100 --> 00:00:32.878 Relax it, Lee.

NOTE Confidence: 0.74942863
00:00:32.880 --> 00:00:35.508 It will just start to feel
NOTE Confidence: 0.74942863
00:00:35.508 --> 00:00:37.260 sense of letting go.
NOTE Confidence: 0.74942863
00:00:37.260 --> 00:00:40.356 So feed heavy into the floor.
NOTE Confidence: 0.74942863
00:00:40.360 --> 00:00:42.130 Nobody heavy into the chair.
NOTE Confidence: 0.7836499
00:00:44.250 --> 00:00:48.770 And we're going to. Start to notice her bra.
NOTE Confidence: 0.64407593
00:00:55.030 --> 00:00:56.380 Allowing the natural
NOTE Confidence: 0.64407593
00:00:56.380 --> 00:00:58.180 inhaler natural act sale.
NOTE Confidence: 0.76157546
00:01:00.410 --> 00:01:03.500 Counselor or front of our consciousness
NOTE Confidence: 0.76157546
00:01:03.500 --> 00:01:08.040 so we can watch the route. Enfield body
NOTE Confidence: 0.7249814
00:01:10.530 --> 00:01:13.266 putting all these things to settle together.
NOTE Confidence: 0.86317146
00:01:16.490 --> 00:01:18.924 Think of work together today
NOTE Confidence: 0.86317146
00:01:18.924 --> 00:01:21.479 to produce the desired effects.
NOTE Confidence: 0.86317146
00:01:21.480 --> 00:01:24.454 Ballons alignment stretch
NOTE Confidence: 0.86317146
00:01:24.454 --> 00:01:26.638 strength relaxation.
NOTE Confidence: 0.86317146
00:01:26.640 --> 00:01:29.190 Cellaring health and well being.
NOTE Confidence: 0.7347989

00:01:37.370 --> 00:01:38.594 Will open their eyes.
NOTE Confidence: 0.7347989

00:01:38.594 --> 00:01:40.834 The first thing we do is just
NOTE Confidence: 0.7347989

00:01:40.834 --> 00:01:42.830 lower and raise the Chan. Email
NOTE Confidence: 0.7997919

00:02:06.380 --> 00:02:08.270 I will come to level again and
NOTE Confidence: 0.7997919

00:02:08.270 --> 00:02:09.949 this time we're going to take
NOTE Confidence: 0.7997919

00:02:09.949 --> 00:02:11.839 the right hand over to the left.
NOTE Confidence: 0.7997919

00:02:11.840 --> 00:02:14.052 I left it on top, relaxing shoulders,
NOTE Confidence: 0.7997919

00:02:14.052 --> 00:02:15.736 loving the arms rest.
NOTE Confidence: 0.7997919

00:02:15.740 --> 00:02:17.708 And I want to turn the head right.
NOTE Confidence: 0.5081565

00:02:22.210 --> 00:02:25.970 Well, it easy. Yeah. No.
NOTE Confidence: 0.74600595

00:02:53.640 --> 00:02:56.082 Come back to the center and
NOTE Confidence: 0.74600595

00:02:56.082 --> 00:02:57.710 release from here well.
NOTE Confidence: 0.22851145

00:02:59.940 --> 00:03:05.152 Inhale. On the Exhale. Parking across
NOTE Confidence: 0.22851145

00:03:05.152 --> 00:03:07.560 the front and stretching through that.
NOTE Confidence: 0.45607513

00:03:09.590 --> 00:03:13.040 This bra with support.
NOTE Confidence: 0.713838

00:03:48.410 --> 00:03:49.982 The left hand across the right

NOTE Confidence: 0.713838
00:03:49.982 --> 00:03:52.890 thigh, right hand on top.
NOTE Confidence: 0.713838
00:03:52.890 --> 00:03:55.320 Read from left to right.
NOTE Confidence: 0.713838
00:03:55.320 --> 00:03:56.898 Slow and smooth.
NOTE Confidence: 0.6915846
00:04:26.880 --> 00:04:29.720 Hello, welcome back to the
NOTE Confidence: 0.6915846
00:04:29.720 --> 00:04:31.820 server will take. Folder.
NOTE Confidence: 0.69122756
00:05:08.100 --> 00:05:12.445 Hello. And then from there on
NOTE Confidence: 0.69122756
00:05:12.445 --> 00:05:16.210 the inhale strips. Extra. Apollo.
NOTE Confidence: 0.66977936
00:05:48.410 --> 00:05:49.010 Hands down.
NOTE Confidence: 0.5959058
00:05:52.230 --> 00:05:54.315 On the Exhale, repressed the
NOTE Confidence: 0.5959058
00:05:54.315 --> 00:05:56.400 problems after the right mental
NOTE Confidence: 0.5959058
00:05:56.479 --> 00:05:58.289 and inhale back to center.
NOTE Confidence: 0.5959058
00:05:58.290 --> 00:06:01.410 So give me your shoulder settle.
NOTE Confidence: 0.5959058
00:06:01.410 --> 00:06:03.300 Or elbows resting.
NOTE Confidence: 0.48563874
00:06:06.790 --> 00:06:08.820 Liftings folder or the album?
NOTE Confidence: 0.8820667
00:06:29.920 --> 00:06:30.490 The other stuff.
NOTE Confidence: 0.5510793

00:06:55.390 --> 00:06:55.680 Roll.
NOTE Confidence: 0.6429135
00:07:07.580 --> 00:07:10.597 Take out circular motion to the liberation.
NOTE Confidence: 0.35633844
00:07:24.170 --> 00:07:24.710 Release.
NOTE Confidence: 0.650266764
00:07:27.270 --> 00:07:30.021 Awards bring the house was very close
NOTE Confidence: 0.650266764
00:07:30.021 --> 00:07:32.608 to the areas the shoulders links
NOTE Confidence: 0.650266764
00:07:32.608 --> 00:07:36.358 to play, squeezed on each other.
NOTE Confidence: 0.650266764
00:07:36.360 --> 00:07:41.330 Inside inside. Inhaling? In Excel.
NOTE Confidence: 0.71169496
00:08:20.780 --> 00:08:23.896 Yeah. Sophists, right,
NOTE Confidence: 0.71169496
00:08:23.896 --> 00:08:25.984 all right arm, long leftover
NOTE Confidence: 0.71169496
00:08:25.984 --> 00:08:28.903 looking to the right on the inhale.
NOTE Confidence: 0.71169496
00:08:28.910 --> 00:08:32.634 Exhale back to 7. Only in Halo.
NOTE Confidence: 0.6252542
00:08:57.450 --> 00:08:58.980 Earlier will do earlier side.
NOTE Confidence: 0.7378275
00:09:22.390 --> 00:09:24.894 LM bullies, and they will open up the palm,
NOTE Confidence: 0.7378275
00:09:24.900 --> 00:09:26.956 so you bring the bottom three fingers in
NOTE Confidence: 0.7378275
00:09:26.956 --> 00:09:28.807 index fingers pointing toward each other.
NOTE Confidence: 0.7378275
00:09:28.810 --> 00:09:30.095 Will point both index fingers

NOTE Confidence: 0.7378275

00:09:30.095 --> 00:09:32.040 out to the right and the right

NOTE Confidence: 0.7378275

00:09:32.040 --> 00:09:33.545 index fingers up their impress.

NOTE Confidence: 0.7378275

00:09:33.550 --> 00:09:35.774 Her elbow and wrist away in One Direction.

NOTE Confidence: 0.7378275

00:09:35.780 --> 00:09:37.740 Draw the elbow in the other direction.

NOTE Confidence: 0.29237145

00:09:40.960 --> 00:09:41.950 Inhaling?

NOTE Confidence: 0.693724

00:09:44.480 --> 00:09:47.045 Keep the finger off so you get the stretch

NOTE Confidence: 0.693724

00:09:47.045 --> 00:09:49.497 to the wrist and elbow and shoulder.

NOTE Confidence: 0.693724

00:09:49.500 --> 00:09:52.980 And again, sort of emotion and so very

NOTE Confidence: 0.693724

00:09:52.980 --> 00:09:55.990 relaxed motion with breath. Inhaling?

NOTE Confidence: 0.5700752833333333

00:10:12.930 --> 00:10:17.226 Change after mixing up. In hearing

NOTE Confidence: 0.7464285

00:10:40.020 --> 00:10:43.716 and then we also back around here.

NOTE Confidence: 0.7464285

00:10:43.720 --> 00:10:45.112 We're going to do some slashing

NOTE Confidence: 0.7464285

00:10:45.112 --> 00:10:46.490 motion with the arms and legs.

NOTE Confidence: 0.6666321

00:10:53.880 --> 00:10:55.830 Warmed up and loosened up.

NOTE Confidence: 0.86674875

00:10:58.390 --> 00:10:59.975 And they will keep out there

NOTE Confidence: 0.86674875

00:10:59.975 --> 00:11:01.739 and they will rotate out and in.
NOTE Confidence: 0.5689316

00:11:19.850 --> 00:11:22.898 Little Wayne hands and feet back and forth.
NOTE Confidence: 0.7792596

00:11:36.410 --> 00:11:38.180 Animal circle the hands and feet.
NOTE Confidence: 0.82823217

00:11:45.500 --> 00:11:47.336 Full circle in the other direction.
NOTE Confidence: 0.6642005

00:11:56.000 --> 00:11:57.968 And then will come to some merch area.
NOTE Confidence: 0.71360314

00:12:00.880 --> 00:12:02.542 The left arm down and take
NOTE Confidence: 0.71360314

00:12:02.542 --> 00:12:03.977 the writer will spread the
NOTE Confidence: 0.71360314

00:12:03.977 --> 00:12:05.297 fingers from the pop up.
NOTE Confidence: 0.71360314

00:12:05.300 --> 00:12:08.450 Ellen gently bring it back and release.
NOTE Confidence: 0.71360314

00:12:08.450 --> 00:12:09.986 Following the inhale and
NOTE Confidence: 0.71360314

00:12:09.986 --> 00:12:11.138 following the Exhale.
NOTE Confidence: 0.84683824

00:12:36.640 --> 00:12:39.290 On the other side. Hello.
NOTE Confidence: 0.7938276

00:13:04.160 --> 00:13:06.216 I will hold on to left will take
NOTE Confidence: 0.7938276

00:13:06.216 --> 00:13:08.088 the right hand behind the head,
NOTE Confidence: 0.7938276

00:13:08.090 --> 00:13:11.868 keeping the neck long. I respond back.
NOTE Confidence: 0.8172107

00:13:35.600 --> 00:13:37.070 You never will change.

NOTE Confidence: 0.66553926

00:14:01.190 --> 00:14:03.464 Good animal, interlace the fingers on

NOTE Confidence: 0.66553926

00:14:03.464 --> 00:14:06.495 the Exhale will come over to the left and

NOTE Confidence: 0.66553926

00:14:06.495 --> 00:14:08.918 on the inhale come back to the center.

NOTE Confidence: 0.73656636

00:14:11.280 --> 00:14:14.200 You know, no pressure.

NOTE Confidence: 0.73656636

00:14:14.200 --> 00:14:16.640 Census do that. Thanks.

NOTE Confidence: 0.16511169

00:14:42.380 --> 00:14:42.980 Side

NOTE Confidence: 0.34657335

00:15:09.750 --> 00:15:15.278 elements. Why is the legs will after

NOTE Confidence: 0.34657335

00:15:15.278 --> 00:15:20.830 shoulders? Left center right. Tell tale

NOTE Confidence: 0.7678555

00:16:31.550 --> 00:16:35.897 and then release it will bring the feedback.

NOTE Confidence: 0.7678555

00:16:35.900 --> 00:16:38.084 Right leg are going to take the

NOTE Confidence: 0.7678555

00:16:38.084 --> 00:16:40.395 hands on the shin below the knee

NOTE Confidence: 0.7678555

00:16:40.395 --> 00:16:42.848 cap on the Exhale draw the need

NOTE Confidence: 0.7678555

00:16:42.848 --> 00:16:44.940 for the Chester shoulder. Really.

NOTE Confidence: 0.67953324

00:17:26.310 --> 00:17:27.852 And then release it literally,

NOTE Confidence: 0.67953324

00:17:27.852 --> 00:17:29.084 right leg up again,

NOTE Confidence: 0.67953324

00:17:29.090 --> 00:17:30.640 this time on the Exhale.
NOTE Confidence: 0.67953324

00:17:30.640 --> 00:17:32.796 Take it out and Mail to start.
NOTE Confidence: 0.6217476

00:17:53.630 --> 00:17:56.430 And. First time.
NOTE Confidence: 0.7848097

00:18:17.030 --> 00:18:19.070 No. Only.
NOTE Confidence: 0.4952785

00:18:21.770 --> 00:18:22.499 On the Exhale.
NOTE Confidence: 0.49626642

00:18:43.200 --> 00:18:46.068 Hello. The other side.
NOTE Confidence: 0.39690062

00:19:26.290 --> 00:19:26.780 Total.
NOTE Confidence: 0.7918412

00:19:29.020 --> 00:19:32.429 And then we're going to fold forward
NOTE Confidence: 0.7918412

00:19:32.429 --> 00:19:34.280 going account. Supporting it.
NOTE Confidence: 0.4373322

00:19:54.900 --> 00:19:55.520 Literally.
NOTE Confidence: 0.6075866

00:19:58.430 --> 00:20:00.060 Hold on for the leg.
NOTE Confidence: 0.34741092

00:20:13.590 --> 00:20:17.240 Really. Same thing on the other side.
NOTE Confidence: 0.29158032

00:20:30.860 --> 00:20:35.490 Across. Hello. When you're ready.
NOTE Confidence: 0.6356157

00:20:58.140 --> 00:20:58.930 Like forward.
NOTE Confidence: 0.5904073

00:21:16.390 --> 00:21:21.846 Hello. It'll come up. Move over
NOTE Confidence: 0.5904073

00:21:21.846 --> 00:21:23.547 to the right side of the chair.

NOTE Confidence: 0.87098575

00:21:29.860 --> 00:21:32.360 Up in the air. Hello.

NOTE Confidence: 0.46257505

00:21:47.840 --> 00:21:49.448 There was a term.

NOTE Confidence: 0.6711504

00:21:52.450 --> 00:21:55.264 In front of the bombs between

NOTE Confidence: 0.6711504

00:21:55.264 --> 00:21:57.707 chest and shoulders and either

NOTE Confidence: 0.6711504

00:21:57.707 --> 00:22:00.280 in the loan after sacrum. Oh

NOTE Confidence: 0.6385709

00:22:35.620 --> 00:22:36.280 directions.

NOTE Confidence: 0.6354983

00:22:51.630 --> 00:22:54.770 Feet together, knees together.

NOTE Confidence: 0.6354983

00:22:54.770 --> 00:22:57.760 Rotate. Circles.

NOTE Confidence: 0.73125

00:23:08.060 --> 00:23:10.026 Full circle, the other action as well.

NOTE Confidence: 0.5769904

00:23:20.820 --> 00:23:26.059 And then. Almost there. In the right

NOTE Confidence: 0.5769904

00:23:26.059 --> 00:23:27.517 foot back slightly lift the heel

NOTE Confidence: 0.5769904

00:23:27.517 --> 00:23:29.196 and rotate around the ball foot.

NOTE Confidence: 0.52897763

00:23:36.610 --> 00:23:37.580 Directions well.

NOTE Confidence: 0.62465537

00:23:44.100 --> 00:23:48.260 Hello. Night of the bad Halo.

NOTE Confidence: 0.6621875

00:23:57.230 --> 00:23:58.289 Direction as well.

NOTE Confidence: 0.51385814

00:24:07.520 --> 00:24:12.560 Closed. Here for you. Stop the.

NOTE Confidence: 0.4882296

00:24:15.380 --> 00:24:15.920 Release.

NOTE Confidence: 0.44985402

00:24:21.550 --> 00:24:24.490 Stretching out.

NOTE Confidence: 0.5347685

00:24:33.470 --> 00:24:33.810 Early.

NOTE Confidence: 0.43772666

00:24:55.360 --> 00:24:57.670 Application level. Restroom

NOTE Confidence: 0.7288851

00:24:59.730 --> 00:25:00.200 but.

NOTE Confidence: 0.7203831

00:25:22.630 --> 00:25:23.190 The movement.

NOTE Confidence: 0.54152733

00:25:33.650 --> 00:25:34.020 Paper.

NOTE Confidence: 0.75319207

00:25:36.040 --> 00:25:36.838 It's not worth.

NOTE Confidence: 0.589734

00:25:39.550 --> 00:25:40.429 And then well.

NOTE Confidence: 0.4960357

00:25:43.690 --> 00:25:45.510 Sharon will stretch our legs.

NOTE Confidence: 0.7641885

00:25:47.550 --> 00:25:48.560 Your shoulders.

NOTE Confidence: 0.067159474

00:26:08.610 --> 00:26:09.740 Slowly.

NOTE Confidence: 0.62578917

00:26:12.900 --> 00:26:17.970 And that will be our. Nothing.

NOTE Confidence: 0.62578917

00:26:17.970 --> 00:26:21.800 So we'll go from there.

NOTE Confidence: 0.62578917

00:26:21.800 --> 00:26:23.408 And we're going to have a

NOTE Confidence: 0.62578917

00:26:23.408 --> 00:26:24.815 little bit of movement now

NOTE Confidence: 0.62578917

00:26:24.815 --> 00:26:26.489 that's going to move into form,

NOTE Confidence: 0.62578917

00:26:26.490 --> 00:26:28.974 so why don't we take a 5 minute break?

NOTE Confidence: 0.62578917

00:26:28.980 --> 00:26:31.116 Make sure you come back 'cause we're going

NOTE Confidence: 0.62578917

00:26:31.116 --> 00:26:33.120 to start the Taiji section of class.

NOTE Confidence: 0.62578917

00:26:33.120 --> 00:26:34.770 Alright, so we'll see in five.