

Gentle Yoga: Grounding

Please Note: *I started the recording after students were already set up in constructive rest pose. So spend a few moments in that pose before hitting PLAY.*

Constructive Rest Pose (lay on your back, knees knock together)

Supta Padangusthasana (R/L)

- point and flex foot
- scrunch and expand toes
- circle ankle
- press through mound of foot

Windshield Wipers

Tabletop (Inhale - unfurl tailbone/ Exhale - Tailbone curl in)
Cow/Cat (5X)

Child's Pose (toes turn under/ head stays lifted) >> top of push-up (5 X)

Sphinx (5 breaths)

Child's Pose >> Toes Pose

Tadasana (fingers interlace behind head/press the back of your head into your hands/expand back body)

Utkatasana >> Tadasana (5 breaths)

Uttanasana >> Ardha Uttanasana

Downward Facing Dog

Anjenayasana (low lunge) > > Ardha Hanuman (5 times)

Forearm Lunge or Low Lunge DD hybrid

Tabletop

Anahatasana

Sphinx or Wide Arm Cobra (5 breaths)

Tabletop (expiratory movement)

Roll out Spine with Blanket Roll

1. under shoulder blades
2. below tips of shoulder blades
3. lower back
4. Sacrum

Setu Bandha Sarvangasana

Upward Facing Forward Fold with blanket under your sacrum

Constructive Rest Pose

Savasana