

Yoga 2

yoga vocab

- So we can begin to build strength rather than collapse into the bones
- On your next inhale ,loop your shoulders drop your belly, your tailbone tilts towards the ceiling as you look forward
- On the exhale, I start with my tailbone, walking along the spine, traveling up until the head crown is the last thing to be released
- The navel is drawing up to the spine
- It's a great opportunity to roll your wrists out
- Keep the neck nice and long
- Extend your left leg backwards and put it to earth
- Stay in the table top position
- Now I'm rocking back-and-forth
- Stretching out the back of the leg
- Breathe and then we're bringing it back to the table top position
- Curl your toes under and walk your palms out
- Slowly, walk your knees back there ,the elbows will drop in line with your shoulders and wrists
- So my pelvis is going to tilt up as my forehead maybe comes to the mat
- Take a couple of breaths here sway a little from side to side
- I never sit in any sharp pain
- I'm not collapsing my weight here
- peddling the feet , drawing the schoulder blades
- walking the fingertips back for a little rest
- Palms to the earth , belly to the tops of the thighs
- I make sure my head is nice and loose , not holding in the neck
- Tops of the thighs have a sweet inner-spiral going to the back of the mat
- Bend down , grab your elbows and rock a little side to side
- We're coming into a mountain pose
- the feet hip-width apart the toes pointing forward
- Tuck your pelvis in
- Now the pelvis is over the heels or in the centre
- Nice and tall stretch up , exhale and then release the fingertips down
- Opening the chest inhale , soft knees , reaching forward ,up and back
- Lengthening the tailbone down
- Drawing circles with my head and checking my neck
- Take the right hand and grab the left wrist
- Breathe into the stretch
- Bring the hands to the waistline
- I'm gonna turn my left toes in and my right toes out
- heel-toe-heel-toe

- Pull your left hip back
- I'm gonna lean down
- Both legs are charged
- Eventually, I wanna get to a place where the bottom part of the thigh is in parallel to the earth
- I'm hooking my thumbs behind here
- This time I'm going to challenge my center of gravity
- We get down to the basics. We take our time to break down each and every pose.