

## KAAIAA BURN – 45 MINS

**Speaker1:** [00:00:00] So today, the breathwork that we're going to be doing is a very grounding breathing technique that is going to really activate the pelvis, the hips open up through that lower part of the body so that we can prepare ourselves to really, um, to really open up those channels to connect to Mother Earth, to really feel her warmth, her support, her love, and to have that energetic exchange where every step we take along this beautiful earth, we feel supported and we feel energized. So it's really about being open and letting those juices start to flow. So you're going to create a very strong, stable base down below. As always, if you can do this without a cushion or a bolster, then you really will feel your sit bones a little bit more connected into the earth. If that is just too uncomfortable for you, then please, by all means stick something underneath those hips to alleviate that discomfort. Otherwise, we are going to take a hold of the front of the ankles or front of the shins. Okay. You're going to sit up nice and tall. It's an inhale forwards and an exhale backwards. You're going to rock forwards and backwards on the sit bones okay. Protecting the heart space forwards protecting the heart. Space backwards.

**Speaker1:** [00:01:15] Now it's not up and down. You want to make sure that your head stays beautifully steady and parallel to the floor. So imagine that you are flexing the mid spine so your thoracic forwards and then backwards. You can see the shape that my spine makes. Now don't worry too much if your spine isn't making that particular shape. It's more about the feeling. Okay so it is inhale forwards. Exhale backwards. Inhale forwards. Exhale backwards. Chin steady. Not up and down. Forwards backwards forwards backwards. In and out of the nose. Nice, short, sharp, powerful breaths. Now I would invite you to start slowly, find your rhythm. Okay? And then when you've got that motion, you can start to pick up the pace. I really want you to feel like you are mobilizing the spine, really flexing the rib cage front and back, therefore creating some more space for the lungs to inflate. Okay, therefore creating some more space for you to connect to your heart. And that motion of opening up through the hips starts to become a little bit more pronounced. Okay, so we're really working the whole torso from the base of the spine all the way upwards. That is our active phase. After we do that, we're going into our three elevated breaths. So I'll ask you to come to the center.

**Speaker1:** [00:02:48] You'll take a deep inhale, stretch those beautiful arms up towards the heavens, spread the fingers and suspend your breath. That means to hold the breath in. Now, in this particular one, because we're talking about the lower body, if you want to apply your root lock or activate your pelvic floor, your mula bandha, that's to close that little trap door down below. That is a really great time to do that, because it keeps the energy contained inside the body so you can start to move it around. Visualize that energy rising up and moving through the body. Okay. You will then powerfully exhale that air out and immediately inhale again. Stretch those arms up. Suspend the breath. We do three elevated breaths. We'll then move into our body, work into our meditation and into our integration. Are we ready to work the legs today? Yes. Beautiful. All right. So. I invite you to ground down through your sit bones grow nice and tall through your spine. Take a beautiful deep inhale. And as you exhale. Close your eyes. And really just start to focus on inhaling and exhaling. Allow the cycle of your breath to bring you right into this moment onto your mat, wherever you are. Just be guided.

[00:04:24] And land arrive.

**Speaker1:** [00:04:28] And say good morning to yourself. Feel that beautiful breath starting to awaken the body. Switch on the senses. Find some gratitude for giving yourself this gift, for showing up for yourself. Not to deepen your breath a little bit. Imagine it going all the way down. Into the base of the spine, expanding the belly and then exhaling that air out. Some intention into your breath, into your practice, into the class today. A couple of more breaths, then we'll move into the active phase. Our spine flex. So gently take a hold of the front of the ankles. Grow nice and tall through your spine and begin in. Forwards. Exhale backwards in and out through your nose. Short, sharp. Powerful breaths. And start slowly. Find your rhythm. Set your own pace. Make sure that you are.

[00:06:05] Really moving the spine all the way from the base.

**Speaker1:** [00:06:10] Up the lumbar spine into the mid spine, but keeping your chin nice. So parallel to the floor, we're opening the front of the heart, opening the back of the heart, opening up the.

[00:06:23] Hips and the pelvis.

**Speaker1:** [00:06:36] Use the grip you have on your ankles as a little bit of leverage to really help you open up the rib cage. Rocking slightly forwards and backwards on your sit bones.

[00:06:49] Using your breath. Short, sharp, powerful. Strong breaths.

**Speaker1:** [00:07:12] He will inhale. Equal. Exhale. Feel that beautiful oxygen starting to move and infuse through your body all the way down into every single cell. You are activating and energizing your entire being. Waking up your spine, opening up your lungs, connecting to your heart, feeling the movement in your pelvis. We're sending all of that beautiful energy. Into the lower part of the body. Feel it filling you up. Keep going. You're over halfway. And once you've found your rhythm, you can pick up the pace if that is available to you. Use your breath. The breath will carry you through. You got this. Keep going. One more minute to go. Stay focused. Stay grounded. Stay in your body.

[00:08:15] And do this I am. Doing this. Use your breath. Yes.

**Speaker1:** [00:08:28] We've got 30 more seconds to go. Then we move into our elevated breaths. Use this as an opportunity to really open up through the lungs. Take in as much air as you can, let out as much air as you can. Feel yourself up. Activate and strengthen the nervous system. Keep going. Flood your body with oxygen. Warm yourself up on the inside. You've got ten more seconds. Then we move into our elevated. All right, come to the center. Take a deep inhale. Stretch your arms all the way up. Suspend your breath at the top, apply your root locker that is available to you, and raise that beautiful energy all the way up your spine. Stretch those arms up. Spread your fingers wide. Project your heart space forwards. Keep holding that breath in a little bit longer and exhale. And inhale. Reach those arms up. Spread your fingers wide. Suspend your breath at the top. Hold that breath in. Move all of that beautiful energy around your body, up your spine. Sniff into more air. If you need to. Hold and exhale. One more. Take a deep inhale. Stretch those arms up. Spread your fingers wide. Suspend your breath at the top. Hold that breath in as you move all of that beautiful energy around and upwards. Apply your root lock. Keep that energy contained inside your body and exhale. Bring your hands down into your lap. Connect back to your

breath and just. Really take this opportunity to observe what is happening in your body, what is happening in your mind? What is happening in your heart?

[00:10:12] And just allow it all. Yes.

**Speaker1:** [00:10:21] So you've just warmed yourselves up on the inside. It's time to warm yourselves up on the outside. So I want you to take all of that delicious energy that you've just cultivated and start to let it move you. Yes. Keep your eyes closed. Really? Just be taken on a beautiful ride around your body where there is no right or wrong. There are only shapes. There are only feelings. There's only exploration of where you need to go today to really open up and receive. Yes. Now, I do want you to pay attention to the lower part of the body because, as I said, we're doing a Kaya burn. So it's important that the hips, the pelvis, the hamstrings are nice and loose. Keep going. And then start to make your way into an upright position.

[00:11:24] For al. What's the point? And then when you are up, you can start to really.

**Speaker1:** [00:11:34] Play with that energy.

[00:11:35] You can jump around, you can feel it down. Your arms and legs really feel.

**Speaker1:** [00:11:42] All right. Everybody should be up by now. If you have anything on your mat, please move it off to the side. As I said, we're starting off with squats. And today we're going to start off with a body weight squat. So I want you to bring your feet about shoulder width apart. Your toes are turned out slightly. Now with any squat, you want to feel like you're spreading the floor in between your feet. Screw those feet into the floor and keep your knees pressing out. That will help to activate your glutes. Okay, we're going to do 16 squats. We're going to hold down low for a count of 16. We are then going into a triple pulse squat jump okay three pulses. And then we come up and down. The jump is optional. If you don't want to do the jump you just come up and lower down and back into the squat. We're going to do that sequence twice through. Are we ready. Beautiful. Come into position. Screw those feet in. We've got 16 squats ready. Yes. Here we go.

[00:12:29] One up two. Yes. Three beautiful.

**Speaker1:** [00:12:36] Four down, five lift.

[00:12:39] Six. Yes. Seven and eight.

**Speaker1:** [00:12:44] You've got eight to go.

[00:12:45] Eight. Lift seven up.

**Speaker1:** [00:12:49] Six and five.

[00:12:52] Strong. Four down three and two.

**Speaker1:** [00:12:57] Now we hold that last one down low. Stay down low and hold 234. Holding 567. You've got eight to go. Really. Spread the floor in between your feet. Screw those feet in. Push your knees out nice and hard into one. Come standing up. Give those legs a little shake. All right. Triple pole squat three pulses and then we jump. Ready. Here we go.

[00:13:24] 123 up. 223. Lift.

**Speaker1:** [00:13:32] 323. Get down nice and low. Land with control and keep those knees pressing out.

[00:13:40] You got it. 223 up. Six. Two three. Lift seven and.

**Speaker1:** [00:13:51] Up. Last one. Then we're going to land and hold for 16 counts. Ready. Here we go for 1234. Yes five. Bring those tummies in. Shoulders back and down. Sink down a little bit. Lower into your squat. Push those knees out nice and hard. You got it in four, 321. Come standing up. Woo! Hello, legs. Are we ready for round 216 squats. Here we go.

[00:14:19] One up. Two. Yes three.

**Speaker1:** [00:14:24] Now this is a grounding workout. Feel the earth. The floor beneath your feet. Seven and eight. You've got eight to go I want you to really feel what it's like on the soles of your feet. Feel connected to the earth. Feel strong like you are rooted into the spot. You got it. Seven. Now hold that last one down low. Stay down low and hold two, three. Four. Yes, five. Six, seven. You've got eight to go. Push those knees out nice and hard. Sit back into your squat in four, 321. Come standing up. Woohoo! All right. Triple pulse. Squat jump.

[00:15:11] Are you ready. Here we go. Down two three up 223. Lift three. Yes three up 423.

**Speaker1:** [00:15:28] You've got four to go. Nice and controlled lift. That is the challenge to land with control. Pulse with control. Yes. And lift. Last one. Then we land and hold. Here we go for 123. Four. Yes, five. I've got my eyes on you. Everyone sink a bit lower. Push those knees out nice and hard. Six, 5 in 4. Three. Two, one. Come standing up. Nice little dance there, John. I really enjoyed that. All right everybody come down onto the ground. We are going into the posterior chain. Yes we are. Which means the beautiful group of muscles that run all the way down the back of you to keep us stable. So we're going to start off with some glute bridges. Bring your feet about, sit bone width apart. Knees are tracking parallel up towards the sky. We're going to start with our head down. Arms down. You're going to lift the body up until you're one long line from your knees to your shoulders, activating and squeezing those glute muscles. We've got eight of them. We then stay up. You float one leg up, we've got eight leg lifts that goes into eight hip lifts. We then do that twice before we go over to the other side, working the stabilizing leg. Okay, keep the hips and pelvis nice and even as you move through the movement, if you need to put your hips down at any time, do so to rest. But try and stay up. Are we ready? Beautiful. All right. Come into position. Feet on the ground, arms down. Spread the skin between your shoulder blades. You've got eight glute bridges. Here we go. Lift and squeeze. Lower down. And two and lower. Navel to spine three and lower. Make sure that your knees stay tracking in parallel. They're not flopping in and they're not flopping out okay. All the work is coming from the bottom. You drive through those heels to keep even weight through both of the legs down. Last one eight. Now we float one leg up. Ready. We've got eight leg lifts. Here we go.

[00:17:50] Point lower. Flex lift two down.

**Speaker1:** [00:17:55] Now I want you to really feel like you are elongating that leg long out of the hip joint, and that the supporting leg, you are driving that foot into the ground, working the bottom. The hamstring.

[00:18:08] Yes. Six. Lower flex lift seven.

**Speaker1:** [00:18:15] Strong, solid anchored, connected and centered hip lift. Here we go. Down up. Now if you want to make this easier, cross your ankle over your opposite knee. Go into some single leg glute bridges okay.

[00:18:29] Four lift three up two.

**Speaker1:** [00:18:33] Straight into round two. Keep that bottom lifted leg lift. Here we go.

[00:18:37] Point lower flex kick two. This is that.

**Speaker1:** [00:18:42] Magical second round. Yes three. Your body is going. But we've done this already. What are you doing? You go. I know, but we can improve so much. Where? Yes you can. Four down. Flex lift three. There's always a space, a place to improve, to learn, to grow, to expand. Find yours. Eight. All right. Hip lifts. Here we go. Down. Up two. Yes, three. Really? Drive through the foot that is on the ground. Work that bottom. Work that hamstring. You got it. Seven and eight and up. Place that foot down. Woohoo! Go to the other side. Keep the bottom lifted. I want you to float your other leg up all the way up into a beautiful straight line. We're starting off with eight leg lifts. Are you ready? Here we go.

[00:19:39] Point lower left. Lift two down. Flex kick three. Yes, eight.

**Speaker1:** [00:19:48] This time your other foot is stabilizing the body. Keep the hips and pelvis nice and even. The leg that is lowering and lifting. I want you to feel it long. It comes straight out of the hip joint. Yes. The only thing that is moving in the body. Eight down. All right. Hip lift. Here we go. Down. Up to really work. That bottom, that

hamstring drive through that foot four, lift three. Yes, two. Are we ready for round two? Here we go.

[00:20:26] Point lower. Lift. Lift two. Yes. Flex kick.

**Speaker1:** [00:20:33] Three. Move with intention. Keep going. You are strong. You are grounded.

[00:20:40] Or to go four down. Flex. Lift three lower.

**Speaker1:** [00:20:47] Less navel to spine. You got it. Flex up eight. All right. Eight. Hip lifts to finish off. Here we go. Down. Up two. Yes, three. Drive through that stabilizing foot. Work that bottom that hamstring. You got it. Two more. Seven. Yes eight. Lift. Place that foot down. Lower those hips down. Ah! Hug both of your knees into your chest. Just for a microsecond. Well done. All right. So they didn't call it burn for nothing. Everybody come up. We are going into the scooter this time. We're going to be upright, but we're still going to work on isolating one side from the other and stabilizing through the hips and the pelvis. Okay. So you're going to come all the way down into a deep parallel squat. This is what it looks like from the side. You stick your bottom back. You're pitching your spine forward so that you're almost parallel to the ground okay. And your eye gaze stays down into a spot in front of you that you can focus on to keep your balance. What we're going to do shift all the weight over to the stabilizing side. You float one toe up, we're going eight straight back.

[00:22:09] We're going eight to the diagonal. We're going eight to the side.

**Speaker1:** [00:22:12] We're going eight to the diagonal. We're going eight straight back. We're then going to do that on the other side okay. The key is to try and keep the hips and pelvis facing forward so you're not sagging down into one side. And when you start to feel that burn and you will start to feel that burn.

[00:22:29] I want you to lean in. This is the definition of finding comfort in your discomfort okay? This is what this is all about. Are we ready?



**Speaker1:** [00:22:38] Everybody come down for me. Pitch your spine forwards. Float your right toes up. Back for eight. Here we go.

[00:22:46] One in 2 in 3. Yes, four. Beautiful. 5 in 6. Yes, seven and eight.

**Speaker1:** [00:23:00] Off to the diagonal. Here we go.

[00:23:02] 8 in 7. And six and five and 4 in 3.

**Speaker1:** [00:23:13] Beautiful two. Nice flat.

[00:23:15] Back off to the side for eight. For eight. In seven. In six.

**Speaker1:** [00:23:22] Yes. Now, when you start to feel the sensations in your left leg, I want you to bend into your left knee. Pinch your spine forwards. Dig in eight diagonal. Here we go.

[00:23:33] 8 in 7. Yes, six.

**Speaker1:** [00:23:38] This is what you need to really tap into your mental strength. I can do this. I am doing this. Seven. Eight. Straight back.

[00:23:48] Keep going for 8 in 7. Yes, six.

**Speaker1:** [00:23:53] You got it. Five. Keep going. Four.

[00:23:57] Beautiful. Three. Yes. Two and one. And in and up.

**Speaker1:** [00:24:07] Give that other butt cheek a little bit of a tap. We're going over to the other side. Are you ready? Come all the way down. Float your left toes up. We're going straight back for eight.

[00:24:19] Here we go. 1 in 2. Yes, 3 in 4. Beautiful.

**Speaker1:** [00:24:28] Five and six and seven and eight to the diagonal. 8 in 7 in.

[00:24:39] 6 in 5. Yes. Four and three. And two.

**Speaker1:** [00:24:49] And one to the side for eight for 8 in 7. Really lean into that right knee. I want everybody to come down a little bit lower, feel it all the way up into your right bottom while stabilizing through that side diagonal. Here we go. 8 in 7. Hit your spine forwards. I want everyone looking down at the ground. You got it. Elongate your spine. Feel the earth beneath your feet. Two and one straight back. Last eight. Here we go.

[00:25:22] Eight in 7 in 6. Yes, five. You got this?

**Speaker1:** [00:25:31] Only four more. Only three more and two and one. And in and up. Oh, no more lower body. Sorry. We've got one more exercise to go. Yes we do. We're going to come down onto our side. We're going into a beautiful Pilates inspired exercise called The Clam. We haven't done the clam very often in this class, but I love it. It really gets into the bum, which is good in my books. So you're going to come all the way down onto your side, bend both of your knees, feet and knees are together. Make sure that your spine is in line. Okay, so you're not too far forwards or back, and you're going to place your top hand onto your top bottom. Now this is to ensure that when you open your leg you're not rolling backwards. Keep everything pushing forwards. And we just open the leg to as far as we can without rolling backwards. Okay, we're going to do eight clam. We're then going to go into eight clam three. So we open extend bend lower open extend bend down. We do that twice through if we have time. And then we go to the other side. Are we ready a little finisher. All right eight clam. Here we go.

[00:26:44] Open down two. Yes three. Beautiful four.

**Speaker1:** [00:26:51] You got it. Five down six. Yes. Keep those feet together. We're making a diamond shape. Plan three. Here we go. Open.

[00:27:01] Extend. Bend. Close two. Yes. Bend close.

**Speaker1:** [00:27:07] Open three. Extend. Keep that top. Hip. Pushing forwards. Hips a step. Okay. Don't roll backwards. We want the glutes to activate.

[00:27:16] Open. Bend down six. Open bend. Close seven. Yes. Bend down eight. Round two.

**Speaker1:** [00:27:29] Eight. Clam. Here we go.

[00:27:31] Open down two. Yes, three. Close four. You got it. Five.

**Speaker1:** [00:27:41] Six and seven and eight.

[00:27:45] Clam three. Open. Extend. Bend. Close two. Tummy in.

**Speaker1:** [00:27:52] Underneath. Waist is slightly lifted. So you're in a neutral spine. Don't let everything collapse. Yes, you got it. You've got four to go for.

[00:28:04] American Finge down three, extend bend two more.

**Speaker1:** [00:28:10] Then we're going over to the other side. Bend down. Last one. You got it down quickly. Come up. Swing those legs around. Lying down onto your other side. Underneath. Sideways. Lifted. You got it. Keep going. Knees together, feet together. Starting off with our eight clams.

[00:28:32] Here we go. Open down. Two. Yes, three.

**Speaker1:** [00:28:38] Squeeze that bottom. Keep the hips pressing forwards.

[00:28:42] Down six. Down seven and eight.

**Speaker1:** [00:28:48] Eight.

[00:28:48] Clam open. Extend. Bend down two. Extend. Bend down three. Extend. Bend down four. Yes.

**Speaker1:** [00:29:03] You've got four to go five.

[00:29:06] Extend. Bend down six. Extend. Bend down seven.

**Speaker1:** [00:29:13] Extend. Bend down eight. Extend. Bend. Clams open down two. Yes, three. Beautiful. Four. You got it. Five and six and seven. Keep going. Eight. Eight clams. Open.

[00:29:37] Extend. Bend. Close two. Extend. Bend down three. Yes. Bend down four. You got it.

**Speaker1:** [00:29:50] Four to go one. Open. Yes. Down two. Extend. Bend down three. Extend. You go one more and four. Extend. Bend down and rest. Oh. Had to extend the music a little bit. So good. Well done everyone just roll onto your back for me. Hug both of your knees into your chest. Are. Catch your breath. Yes. Beautiful. And then you can gently cross your right ankle over your left knee. Hold behind your left thigh. Flex your right foot and press your right ankle into that left knee as you draw that knee back towards your body. You should be getting a really lovely stretch in your right bottom cheek. If you want to increase it, you can gently drop your tailbone down into the mat and arch your lower back. As you draw that left knee in towards your chest. Beautiful. Gently release the knee, release the foot and swap sides so left ankle over right knee holding behind right thigh. Flexing your left foot, pressing that ankle into your knee as you draw that knee in towards your chest. And once again, if you want to increase this stretch, gently drop the tailbone down into the mat and arch your lower back. And then release the knee. Release the foot once again. Just hug both of your knees into your chest. You can do three little circles in one direction, just massaging out any tension that may have built up in that lower back area. Make sure you go back three in the other direction. And then you can either roll towards the front of the room to come up, or you can rock and roll up and down your spine. Um, to come and join me back up in your most comfortable seated position. We are about to go into our meditation. So if you do need a cushion or a bolster or something to elevate your hips, please grab that now. Today is all about feeling safe, feeling grounded, feeling secure, activating that connection that we have to the earth, to nature. And to that.

[00:32:50] Our innate. Presence that is within us.

**Speaker1:** [00:32:57] The knowledge that we can always summon. The power, the strength of Mother Earth, to be able to support us and feel stable, but also knowing that it already exists inside us. So how do we activate that? How do we tap into that, and how do we feel safe in our world? When it feels like our world is.

[00:33:18] Falling down around us.

**Speaker1:** [00:33:21] So when I cue you, you're going to stretch your arms out to the side. Your palms will be facing the earth. I really want you to try and harness that beautiful energy that exists all around you, through you, and see if you can start to draw it upwards into your body. For now, though, I invite you just to rest your hands down into your lap and whatever position you would like to receive your meditation. Take a beautiful deep inhale, and as you exhale, gently close your eyes, sigh out any last shred of tension in the body and really just surrender. Allow your body to relax where you are sitting. Soften your face. Unclench your jaw. Let your fingers just rest open. Inhale. Feel that breath moving down into the belly. And then. Sigh that air out. One of the most important relationships we can have is with our body.

[00:34:43] Knowing that this.

**Speaker1:** [00:34:45] Collection of flesh. Bone, muscle.

[00:34:50] Tissues and tendons. Will support us.

**Speaker1:** [00:34:56] Through this life. We need to check in with our body daily and really feel into the spaces. That needs some attention, that needs a bit of love, that are potentially trying to tell us something, something that's going on inside. We are intuitive beings. And more often than not, our body. Our heart knows what's going on way before our mind. And we get those signals, those pulses. Those little signs.

[00:35:38] From. The environment, the nature, the universe.

**Speaker1:** [00:35:43] The energy that surrounds us. Energy flows in.

[00:35:51] Energy flows out. We are part of this beautiful soup.

**Speaker1:** [00:36:00] The information flows. It is constant. We are evolving.

[00:36:09] As we sleep.

**Speaker1:** [00:36:13] As we move through.

[00:36:14] Every second of our life.

**Speaker1:** [00:36:20] So to feel grounded and safe, supported and stable is. Paramount to allowing us to truly experience our power to expand. Into our potential. Because we need an anchor point.

[00:36:38] We need something tangible to be able to connect to.

**Speaker1:** [00:36:43] We need to feel as if our material world, the world in which we live. Is constant. So as you sit here, I want you to feel the earth beneath. Your sit bones. Really allow yourself to meet you where you are at. Be in this moment. Be here now, right here, and ask yourself, do I feel safe? Do I feel secure? Do I feel centered? Do I feel connected? And just allow whatever comes up to come up. Find some gratitude for the ability to grow. And without shifting your position or losing your focus. Stretch your arms out to the side. Palms are facing downwards towards the earth. Spread your fingers wide. Keep your eyes closed. Stay focused. Stay grounded. And stay in your body. And I want you to meet every sensation that comes through you with curiosity, not resistance. Everything that is coming from you is coming for you. The world is not happening to you. You are happening to the world. So whatever you are feeling, whatever emotions, whatever thoughts, whatever sensations in the body, they are here for a reason. They are here to show you something. Something about yourself. Something that you may be missing. Something that you may be hiding from. Something that you could be suppressing. And it is important in this moment to have no judgment around this. The ego. As tricky and crafty as it may be, its sole purpose is to keep you safe. So sometimes the things that we feel we believe are threats to our very existence, but in actual fact, they are the most valuable lessons we can learn from. We create the universe in which we exist in. Therefore, we create the thoughts in our mind. We create the stories in our head. We create our reality. So wouldn't it make sense that

we also create our fears? We create our doubts. We create the things that hold us back. When you can change your relationship with the things that you potentially hide away from and welcome them, invite them into your light. Find gratitude for them. This is where you will really begin to explore your potential. Really begin to understand just how powerful.

[00:40:01] You truly are. When you can start to.

**Speaker1:** [00:40:07] Feel the vibration in your body of what it means to move through your fears and not let them. Consume you. When you can start to feel connected to the frequency of nature, the frequency of love. This is when things will start to open up for you. The opportunities will present themselves. The world will start to self-organize. You will start to naturally feel better, have more positive thoughts.

[00:40:43] Make better decisions. And then those.

**Speaker1:** [00:40:48] Things, those fears, those doubts will simply start to fade away. They will start to dissolve.

[00:40:57] But it starts with feeling grounded.

**Speaker1:** [00:41:00] It starts from feeling safe. It starts from feeling as if you have enough in this world.

[00:41:05] To be able to continue. The journey. And that starts from really being able to find comfort in your discomfort.

**Speaker1:** [00:41:14] Addressing the things.

[00:41:16] That hold you back, confronting. The most challenging parts of you. Forgiving, allowing.

**Speaker1:** [00:41:29] Keep going. You are doing beautifully. Reach your arms out long. Hold them out strong. This is your moment. This is where you meet yourself. This is where you come face to.

[00:41:42] Face with your truth, your true potential. Who you are and who you are is not.

**Speaker1:** [00:41:50] Wrapped up in fear, in excuses, in doubts. Who you are is.

[00:41:57] A beacon of love. Of joy. Of compassion. It is our job here on this.

**Speaker1:** [00:42:09] To connect with other beings, to connect with nature, to elevate the frequency as a collective so that we can individually rise so that we can. Rise together. Keep going. Stretch those arms out long. Hold them out strong. And whatever first reaction you have, whatever thoughts start coming.

[00:42:31] Through your mind. Just allow them. Feel them. Ask yourself, why.

**Speaker1:** [00:42:39] Is this thought perfect for me in this moment when I am sitting here safe, when I am sitting here more connected than I've ever been before? What is this thought teaching me?

[00:42:54] What lesson can I learn from how I am feeling right now?

**Speaker1:** [00:43:03] Know that you have it in you to break through any mental barrier that may be built up around you. Know that you have it in you to break down. The walls of your comfort zone? No. But every moment you sit here. Feel it. Embrace it. That you are growing. You are expanding. And you are elevating your frequency. You are raising your vibration. This is what it means to cultivate energy. You are opening up the neural pathways, you are bringing clarity into your mind.

[00:43:42] You are being the one in control of your thoughts.

**Speaker1:** [00:43:45] You are the one driving the bus. You are the author of your own story. No longer is it in the hands of others.

[00:43:52] No longer do you succumb to the pain of your past. The conditioning.



**Speaker1:** [00:43:59] It is up to you right now, in this moment, to take hold of the reins. Ask yourself, how do I want to feel in this world? What are the things, the traits, the characteristics that I want to cultivate in my life? I want to feel joy. I want to feel love. I don't want to be scared anymore. I don't want to feel the pain. These are the things that you harness inside your heart. The ability to love unconditionally, the ability to feel everything but at. The ability to step outside your comfort zone and view things as they are. View yourself as a strong, powerful individual. Ready to take on the world, ready to change and transform your life because you know that it inherently lives inside you. This strength, this courage, this confidence. And every time your mind wants to get in the way and send you back down into. If via I invite you to reach your arms out longer. Hold them out stronger. Step up in the face of your fears. Release the things that hold you back and know that you are in control. Keep going. Reach those arms out long. Hold them out strong. You've got 15 more seconds to go. Feel that power, that energy coursing through your body. Breathe deeply. Embrace it. Embody it. Take a deep breath in. Breathe out. Bring your left hand onto your heart. Your right hand onto your belly. And just feel. I want you to feel that beautiful energy, that power that's running through you now, and know that this is the true you. Take a deep breath in. As you breathe out, gently bring your hands together into prayer pose. Rest your thumbs against your heart space. Give yourself a silent little prayer of gratitude for showing up this morning and for showing up as you.

**Speaker1:** [00:46:36] Gently bring your thumbs up to rest against your lips. Remember to be mindful of the words that you speak, especially the ones you say to yourself. Say what you mean. Mean what you say. Bring your thumbs to rest up in between your eyebrows. Stay in the present moment with your thoughts. Do not concern yourself with the past or worry about the future. The magic, the power to transform your world is in the here and the now. Bring your hands back to your heart space. Take a deep breath in. As you breathe out, you can start to gently rub your hands together, grounding your practice, coming back into this beautiful body of yours, creating some heat in between the hands. And then you can lay your hands on or just above any part of the body. You would like to send that beautiful energy to today. Take another deep inhale, and as you exhale, you can blink your eyes open. You can rejoin us. You can take a drink. You can bring some movement back into your body. Just be gentle. Be kind with yourself. And I want you to today, at any point that you can go outside barefoot and go and walk on this heavenly earth. Go and dig your toes into some soil, some grass, some sand, whatever

you can manifest around you. And take a moment to really feel. Feel the earth beneath your feet. Lie down on it if you can, and really just drink in this beautiful, wonderful world around us and feel connected to that space. I want you to go and have yourself a wonderful day. I love you all very, very much and I will see you back on the mat again soon. Mwah!