

KAAIAA CORE – 45 MINS

Speaker1: [00:00:00] If you need to grab yourself a cushion or a bolster or anything to elevate your hips, I would grab that now while I show you what the breathwork is we're going to be doing today. Today is one of my favorites. It's that beautiful heart opener, Bear Claw. I really want you to start to focus on cultivating space within the heart. So it's one thing to connect to it. It's another thing to allow it to expand, to sort of open up. And I always say this the heart space is 360 degrees. It's a three dimensional area. So you have a front, you have sides, you have the back of the heart. So when you open project the heart space forwards. But when you round out through the back and I don't like using the word closed because it feels like it's closing, you sort of want to expand through the back of the heart. So it's inhale to open. Exhale expand in through the nose, out through the mouth. It's a strong, powerful breath. It's not necessarily a fast breath, okay? It's one where you find a rhythm and a pace that works for you. Okay. Long inhale. Long exhale. Make sure they are equal in length so you don't start to hyperventilate. So you're taking as much air in as you are letting out.

Speaker1: [00:01:20] And make sure that that chin stays parallel to the floor, okay. We're not throwing our head around. These are measured movements. Deliberate, intentional. And what you are doing is really trying to draw some fresh oxygen in and exhale out anything that does not belong in there anymore. Okay. So are we ready to go? Oh, after we do that, we do our elevated breaths. We'll come to the center, take a deep inhale, stretch the arms all the way up and suspend the breath. You want to really expand this container. Visualize the energy that you've created starting to move through the body okay. We do three elevated breaths. We'll then move into the body work into our meditation and into our integration technique. Let's go. So come into your most comfortable seated position. Really ground down through your sit bones. Grow nice and tall through your spine. Take a beautiful deep inhale. Relax the shoulders back and down. And as you exhale, close your eyes. And just start to focus on your breath. Breathing in. Reading out. And don't try and change the breath or force the breath in any way. Just let the breath guide you. Trust. That this is exactly the pace that you need. The speed, the intensity. The length.

[00:02:59] The width, the depth.

Speaker1: [00:03:03] Let your breath guide you right here into this moment. Where whatever is happening in the outside world just starts to fall away, starts to fade. Into the background. And with every breath, I want you to feel that sort of warm, juicy space around the heart center starting to soften. Open and.

[00:03:29] Receive. Keep going. Start to slightly deepen your breath. Drawing a little more air in deep into the belly, letting a little more air out on your exhale. A couple of more.

Speaker1: [00:04:03] Breaths and we'll move into the active phase. Our bear claw. Gently bring your arms up in front of your heart space. Make little claws with the fingers. To open an exhale. Expand in through the nose, out through the mouth. Really feel connected to your heart space. Open up the ribs. I open up the lungs. Breathe some life into your body. Keep the chin steady. Parallel to the ground. Rock slightly forwards and backwards on your. Sit bones and really start to mobilize the. So your whole torso. Moving. Opening. Awakening.

[00:05:07] Yes. Feel that beautiful. Is starting to move all the way down into.

Speaker1: [00:05:12] The center of everything.

[00:05:14] One of your self energizing. You're coming online.

Speaker1: [00:05:31] Open the front of the chest. Open the back of the. Pay attention to your whole heart space front. Remember. Equal inhale. Equal. Exhale. And stay focused. Stay present. Stay in your body. I can do this. I am doing this. Use your breath. You are over halfway. Pick up the pace. You bring some more intensity. Each of your breaths. And feel that beautiful space in your heart starting to really activate. Become energized. Yes. Spread it through your body. You've got less than one minute to go. Keep going. You do?

[00:06:42] Warm starting to move through.

Speaker1: [00:06:57] Remote seconds when we move into our elevated breaths.

[00:07:00] Keep going. Yes.

Speaker1: [00:07:11] Everything in your body. Starting to open the neural pathways. The nervous system activated strong.

[00:07:22] Five more seconds. All right, come.

Speaker1: [00:07:28] To the center. Take a deep. Stretch your arms all the way up. Spread your fingers wide. Suspend your breath. Hold your breath in. Need to spread your fingers wide. Reach them up towards the sky. Hold. Exhale and inhale. Reach your arms up. Spread your fingers wide. Suspend your breath at the top. Hold that breath in as you move. All of that beautiful energy just created up your spine. Slip into more air if you need to project your heart space forward.

[00:08:00] When your breath. And exhale. One more. Take a deep inhale. Reach those arms up. Spread your fingers.

Speaker1: [00:08:06] Hold that breath in at the top. Apply your root lock if you can.

[00:08:11] Reach your arms up towards the sky. Keep holding your breath in. Keeping some more air if you need to hold. And exhale. Bring your arms.

Speaker1: [00:08:19] Down. Hands into your lap. Sit in this space. Connect back to your breath and just feel. And just allow, allow whatever is happening in the body, happening in the mind.

[00:08:40] Just become a.

Speaker1: [00:08:41] Witness to your experience. Beautiful. So you've just warmed yourselves up on the inside. It's time to warm yourselves up on the outside. I want you to take all of that beautiful energy that's inside you right now, especially in that heart area, and just let it start to move you around. Yes, keep your eyes closed. Really start to play and explore and let your body go into whatever space, whatever place, whatever shape it wants to. Where do you need to stretch today? Where do you need to open today? What needs some love and attention? Where can you send that beautiful energy

today? Beautiful. And you can stay down on the mat this morning we are really just getting juicy into the torso, into the heart. Make sure you pay attention to the front and the back of the body. Keep rolling and feeling.

[00:09:58] You got it.

Speaker1: [00:10:09] Beautiful. All right, so I want you to come lying down onto your back. We're going to start off with an abdominal section.

Speaker2: [00:10:17] Okay.

Speaker1: [00:10:18] We're going to start off with an exercise called a chest lift. And it's exactly as the name suggests. We're going to be lifting our chest up towards the ceiling. We are not crunching the head and the neck forward so the whole torso comes up. I want you to feel like you're lifting your heart to the sky. Your feet are about sit bone width apart. Your knees are bent to 90 degrees, tracking upwards towards the sky. Hands are behind the head. We're going to do 16 chest lift. We're then going to do eight twist to each side. We are then going to do 16 little pulses up in that top section. And we're going to do it twice. This is our warm up okay. Are you ready. Come into position. Hands behind the head. We've got 16. All right. Yes. Here we go.

[00:10:56] One down, two lower. Three. Yes, four. Beautiful. Five and six.

Speaker1: [00:11:07] Really focus on sliding your rib cage down towards your hips. You've got eight to go. Eight. Lift that chest up. Eyes to the sky.

[00:11:16] Six and five. Beautiful. Four and three and two.

Speaker1: [00:11:25] Now we go into our twist.

[00:11:27] Here we go. Right back, left back right for two. Yes, left back right for three and left.

Speaker1: [00:11:38] Keep the hips and pelvis still as you twist and left. You've got four more to go. Four back. We're just working the muscles of the sideways, the obliques.

[00:11:49] Left, right. Four. You got it.

Speaker1: [00:11:54] Last one each side. All right. Let's pulse it out at the top. Here we go for one. Two eyes to the sky. Tiny little pulses up in that top section. So get those shoulder blades up off the ground for eight, 765, four. We're going straight into round 216 chest lift. Here we go.

[00:12:14] Lift lower two. Yes, three.

Speaker1: [00:12:19] Beautiful.

[00:12:21] You got it. Four and three and two and one.

Speaker1: [00:12:28] You've got eight to go. Eight down seven. Remember chest lift. Not neck crunch.

[00:12:38] In four and three.

Speaker1: [00:12:42] Two and one. Let's twist right shoulder, right back, left back right for two. Remember, hips and pelvis. Stay nice and still. We're just moving the side waist right and left. You've got four to go. Four back left back right for three. And left. Two more each side and to left. Beautiful. Right and left. Let's pulse it out. Here we go for 123456, seven. You've got eight to go. Eyes to the sky. You got it in four, three two, one and rest. Now that was the warm up. We are going into an exercise called the corkscrew. Okay? Now everybody's going to place their head down on the ground. Your arms come out to the side in about a T shape. You're going to lift your legs all the way up towards the sky. Now you can have a little bend in your knees if you need to. If that's more comfortable. We're basically going to go around in a circle and then the other way okay. So your legs are going to move as one solid beautiful unit. The bigger your circle the harder it's going to be for your abdominals. What you want to do is keep your lower back imprinted into the ground and just use the hip joints to move. So we're going to go over to the right. Then you swing down and around.

Speaker1: [00:14:18] You come up through the left and back to the center. We then go over to the left, down and around, up through the right and to the center. We do four in each direction. We then go into eight double leg lowers okay. And we do this twice. This is an endurance exercise for the core. Do your best. Rest if you need to. Are we ready? Legs up. Here we go. Over to the right. Down and around. Up through the left and to the center. Over to the left. Down and around. Up through the right and center. Beautiful. Over to the right. Down and around. Up through the left and center. Yes. Over to the left. Down and around. Up through the right. Squeeze those inner thighs together. You've got two more each sides right down and around, up through the left and to the center, over to the left, down and around, up through the right, back to the center. You've got one more each side. Keep going down and around up to the right and center. Last one over to the left, down and around, up through the right. Okay. Double leg lowers. Here we go. Lower squeeze and lift. Remember, you can do knees bent if you need to. You can also do single leg if you want.

[00:15:53] Down squeeze and lift and four.

Speaker1: [00:15:58] Squeeze and lift. You've got four to go. Five and up. And then guess what. Round two. Squeeze and lift. Two more seven and up. Last one. Eight. All right, round two. Here we go. Over to the right. Down.

[00:16:18] Down and around. Up through the left and to the center. You got it over to the left. Down and around. Some things are a little.

Speaker1: [00:16:28] More deliberate than others. This is one of them. Over to the right. Methodical?

[00:16:36] Yes. And center. Use your breath left down and around.

Speaker1: [00:16:43] Engage your entire core. Imprint that lower back into the mat. Draw the navel to the spine right down and around. See if you can.

[00:16:51] Elongate your legs a little bit longer. Center? Yes, over to the left. It's down around. Up through the rice. And send to keep.

Speaker1: [00:17:02] Those shoulder blades planted into the mat.

[00:17:05] Down and around. Make sure that your chin. Tucked in the back of your neck is long. Last one left. Down and around. Up through the right. All right, double leg lowers. Here we go. Down. Even if you got it. Two. Squeeze and lift. Yes, three. Squeeze and lift. You're nearly there. Four.

Speaker1: [00:17:32] Squeeze and lift. You've got four to go. Five. Squeeze and lift. Elongate those legs. Six. Squeeze and lift. I can do this. I am doing this. You are there. You got it. Last one. Squeeze and lift. Beautiful. Place your feet down on the ground. Take your knees to the right. Turn your head and chest to the left. This should just feel good. Bring those knees up through center. Over to the other side. Yes. Beautiful. All right. What we're gonna do now is flip over onto our belly. When we do intense core work like that. I like to balance it out by doing some back work as well. Okay, so we're going to come over onto our tummy, extend those legs out long behind you. Extend your arms out long in front of you. Okay. We're going into an exercise called a straight arm lift. You're going to bring your chin in. The back of your neck is long. You're going to lift and then lower okay. Top to the feet pressing into the floor. We're then going to lift. Row the elbows behind us. Reach the arms forward. Lower down we've got eight of them. We're then going to stay up and we do eight rows and we do it. Wait. Yes we do. Front of the core. Back of the core. Front of the heart, the back of the heart. Both just as important as the other. Okay. Do your best. Make sure that you're squeezing your bottom and tucking your tailbone under, creating space in that lumbar spine. The work comes from your mid back. Are you ready? Reach those arms out. Here we go. Lift and lower and two and lower. Beautiful. Lifting three and down and four and lower. You've got four to go. Five and down. Really stretch those arms and legs nice and long. Lower two more seven and lower lifting eight. Okay. We're adding in our little arm row. Here we go.

[00:19:39] Lift row forwards down two. Row reach lower three. Yes. Reach down four. Row.

Speaker1: [00:19:53] You've got four to go.

[00:19:55] Five. Row reach lower six. Yes.

Speaker1: [00:20:01] Reach two more seven row. Reach down. Now. We stay up. We just row the arms eight times. Here we go. One. Out to reach three. Remember lifting from the middle of your back. Tuck the chin in. Squeeze your bottom. Tuck that tailbone under seven. All right, round two. This is it. Here we go. Lift and lower. Yes, two. I can do this. I am doing this. Commit. Three and down and four. If your shoulders and neck are having enough, bring your hands underneath your head. Bend the elbows out to the side. There are always modifications for things that are getting challenging. You don't have to stop. You got it. Eight and down. Let's add in the arm row.

[00:20:57] Lift. Row. Reach down two. Yes, reach down three.

Speaker1: [00:21:07] And reach lower four. Row. Reach. You've got four to go.

[00:21:13] Five. Row. Reach down six.

Speaker1: [00:21:18] Beautiful. Back of the neck is long. Tuck that chin in. Squeeze your bottom. Tuck that tailbone under. Down eight. All right. Stay up. Last rows. Here we go.

[00:21:29] In out two. Yes, three.

Speaker1: [00:21:34] Beautiful. Four. You got it. Five. Yes six. Reach seven and eight and reach and down. Ah. Push yourself back into your rest pose. Stretch out that back. We've worked the front. We've worked the back. We now have to work the sides. Yes we do. All right. So we're going to finish off the core workout today with a kneeling side bend series. So come kneeling up for me if you need to double over your mat to go under your knee or put a cushion under the knee then do that now. Otherwise. We've got our right knee down. Our left leg is extended all the way out. Okay, we're going to start off by doing eight beautiful side bends. We're then going to come down, reach the arms out, bring them in, come up. We then stay down and we stretch and bend the arms eight times. We then hold those arms out and stay in a side plank for a count of 16, really working that entire torso. You want to feel as if you're moving in between two panes of glass. Okay, so everything stays facing forwards. Hips, torso, shoulders. Are we ready? Do your best. Stretch that leg out long. Bring your hands behind your head.

Lift yourself up and out of your pelvis. We're going to start with eight side bend going down first. Here we go. Down. Squeeze and lift. Beautiful two. Squeeze and lift. You got it three. Squeeze and lift. Yes four A beautiful fluid movement. Four to go.

[00:23:18] Five. Squeeze and lift and six.

Speaker1: [00:23:23] Squeeze and lift. See how long you can make your body and up and eight. All right. We're adding in our arm. Reach. Here we go.

[00:23:33] Down. Reach. Bend up two. Extend.

Speaker1: [00:23:39] Bend, squeeze and lift three.

[00:23:42] Yes. Bend up four. Reach. You've got four to go. Five. Extend. Bend up six. Reach. Bend. Lift seven. Yes. Bend up eight.

Speaker1: [00:24:01] Stay down here. We're just moving our arms for eight.

[00:24:04] For 1 in 2. Yes, three.

Speaker1: [00:24:09] Really? Extend your body. Lengthen through that leg. You got it. Six and seven. Now hold those arms out.

[00:24:19] Stay down here and hold two, three, four.

Speaker1: [00:24:24] Holding five, six, seven. You've got eight to go. Come down a little bit lower. Reach a little longer. You got it in 432, one and up over to the other side. Shuffle up. Bring your pillow. Bring your things. Bring whatever you need. Reach that other leg out nice and long. You've got your left knee down repeating that sequence. So bring your hands behind your head. Lift up into the torso and we're starting off with eight side bend. Here we go. Down, squeeze and lift and two squeeze and lift. Beautiful. Three squeeze and lift. Yes four squeeze and lift. You've got four to go. Five. Squeeze and lift. And six. Squeeze and lift. Two more. Seven. Squeeze and lift and eight. All right, let's adding our arm reach. Here we go. Down. Reach bend lift two. Extend bend squeeze and lift three.

[00:25:39] Yes. Bend up four. Extend.

Speaker1: [00:25:44] Bend squeeze and lift five.

[00:25:47] Reach. Bend up six. Yes.

Speaker1: [00:25:53] You've got it. Two more. Seven. Extend. Bend up eight. Now stay down here. We're just moving our arms for eight. Here we go for 1 in 2. Yes, three. Bend four. Beautiful. Ah. Extend that leg long. And seven. Now hold it out here for 16. One. Two. Three four. Holding five. Six, seven. You've got eight to go. Reach that arm long. Come down a little bit lower in four, three.

[00:26:31] Two, one and up. Ah. All right. We have got time.

Speaker1: [00:26:38] For one last abdominal exercise. Yes. Yay! I can hear you say come down onto your back. All right. What we're going to do a simple little combo double leg extension into a hollow hold. Okay. So eight double leg extensions into a hollow hold for 16 counts. Twice through. That will finish us off for this beautiful core workout. Focusing on the heart space front and back. Are we ready? Come into position. You can have your head up or head down whatever feels comfortable for you. Double or single legs? Are you ready? Here we go. Extend, squeeze and bend. Really? Imprint your lower back into the mat. Yes. Draw that navel down towards your spine. Create that very solid, strong core with which you move everything else with ease. You've got four more to go. Four. And in beautiful three. Oh, we're going to have time for one hollow hold. One round two. And in. Now extend and hold those legs out long. Squeeze those inner thighs. Here we go. Hold 1234. Holding five, six, seven. You've got eight to go. Squeeze those thighs. Reach those arms out. Hold it here in 432, one and rest. Beautiful work everybody. Are well and truly cooked the core today. Yes, we did are all right. Just stay on your back. Bring those arms out to the side. Bend your knees. Feet flat on the floor. Take your knees over to the right. Turn your head and chest to the left. This should just feel beautiful.

Speaker3: [00:28:38] I. Connect back to your breath.

Speaker1: [00:28:46] And then gently bring those knees up through the center, over to the other side, knees to the left, head and chest to the right. Yes. Coming up through the center, one more in each direction. And then coming up and over to the other side. And then just rolling over onto your front and just sit yourself back into a rest pose for a moment. Know that this is an active stretch, so really push yourself back onto your heels. Stretch into the lower back. And feel free to walk your hands around your mat, stretching out the side waist. Beautiful. Come back to the center, push yourself back, and then slowly start to roll upwards. Come and find yourself a comfortable seated position. And prepare to drop into our meditation. Before we do, I'm going to show you what the armhole is for our integration today. Today we're talking about our heart space. We're talking about letting in the things that we deserve in life, and we are talking about pushing away the things that have been holding us back. So today, when I cue you, you're going to bring your arms out to the side.

Speaker1: [00:30:33] Your palms are flat, facing away from you. Okay. This is a very powerful, strong pose. It's a symbol of you not only expanding the walls of your field, of your comfort zone, but pushing away the things that do not serve you any. This is an opportunity for you to really step into a space of clear decision making for yourself. For now, though, I invite you just to rest your hands down into your lap, whatever position they would like. To receive your meditation. Take a. As you exhale, close your eyes. And just connect back to your breath. Allow yourself to open up. And really just start to listen. As we switch on our internal sensors and start to quiet looking and seeing and hearing from the outside. What you start to hear. Are those beautiful messages from the center of your soul? From your heart, from your highest self. So really, tune in this morning. Tune into. The subtleties. The message within the message. See if you can go beyond the mind. Past. The stories. Past the noise, the chaos. Defined that space.

[00:32:41] That beautiful, quiet stillness that resides in your heart where there is a whisper.

Speaker1: [00:32:48] Where there is a clarity, where there is truth. Allow that truth to start to bubble up to the surface. And just let it be there. No resistance, no judgment.

[00:33:09] No questions, no doubt.

Speaker1: [00:33:11] No emotion around it at all. Just curiosity. Who are we to question what comes from our heart center? Who are we? To try and manipulate the things. That we pull through in the first place. We try and satisfy some kind of narrative by. Changing or coloring or shaping things. So that we become comfortable with them, but perhaps they are there. So that we can learn how to be uncomfortable. So that we can learn how to really adapt, grow, be flexible. Be fluid. These lessons in life are not there to hurt us. They are there to teach us. They are there to teach us unconditional love. They are there to teach us forgiveness. They are there to teach us what it really means to love ourselves. So whatever is coming up for you right now, know that it is there for you. Embrace it. Find some gratitude for it. It will instantly shift your perspective of it, and you will be grateful for the opportunity to expand. To really know yourself. As we dive deeply into the essence of who you are. Know that whatever fears come up, whatever doubts, whatever questions. Is a gift. All the tools that you have are at your disposal to be able to deal with the things that come up for you in everyday life with grace, patience and courage. So sit in that courageous heart space right now and decide that today is your day to let love in. Without shifting your position or losing your focus. Gently stretch your arms out to the side, flatten your palms and push them away from you. Draw your shoulders down your back, elongate your spine, connect to your breath and feel that breath moving up and down, in and out. Relax all the muscles in your face. Feel the tension flowing out of the body. Surrender. Surrender to your strength. Stop making excuses as to why you can't do something and start embracing all of the reasons why you can. Accept that you are strong. Accept that you. I feel this. Except that you are worthy of love, of giving love, of receiving love, of radiating love straight.

[00:36:53] From your heart.

Speaker1: [00:36:59] And then start to feel those little tendrils of electricity lighting up inside your heart like beams. Like raise. They start to flow like little rivers out of your heart space. Down your arms, down your spine, up into your head. Electrifying you, energizing you, feeding you, nourishing you with the love that you so deserve. This love, this purity, this bliss. Is coming straight from your heart. This. This love, this love that you are showering yourself in right now. This is the love that will allow you to forgive. This is the love that will allow you to really push the things away that does not serve you anymore. This is the love that will allow you to step into your power. This love is deep. It

is all knowing. It is all seeing. It is unconditional. It does not judge. It does not corrupt. It does not try and explain away things.

[00:38:35] It does not succumb. To stories. The conditioning.

Speaker1: [00:38:44] It is just.

[00:38:46] Flow. It allows, it feels. It forgives.

Speaker1: [00:38:53] This love is your essence. It is what you are made of. It is what.

[00:38:58] Courses through your veins. But it is your mind.

Speaker1: [00:39:05] That prevents you from remembering.

[00:39:07] That all you are is. So as you sit here this morning, today, connected to your breath.

Speaker1: [00:39:19] To your heart, ask yourself. What prevents me from stepping into this life from a place of pure love? What is holding me back? What am I afraid of? What are my fears? What would happen if I lived my truth? Who would fall out of my life? Who would fall into my life? How would I feel about where I'm at? How would I feel about my relationships? How would I feel about my job? How would I feel about where I live? How would I feel about my situation? How would I feel about myself? These are the questions that we need to answer in order for us to expand, in order for us to. Tap into that well of strength, that infinite, vast well of love that lives inside us. These are the questions that we need to be radically honest about in order to expand, in order to feel, in order to heal. So push those walls away. Allow love in. Let that light pour into your heart and out from your heart, and feel it radiating down your arms.

[00:40:43] Out your palms and all the way around you.

Speaker1: [00:40:48] Stretch those arms out long. Hold them out strong. I can do this. I am doing this. You're doing beautifully.

[00:40:58] Know that this is your growth. This.

Speaker1: [00:41:03] Is here for you. You have put yourself in this position. Other one that wants to grow. You are the one that wants to expand. You are the one that wants to feel everything. Allow everything in. And release the things that do not belong anymore. Only you know your path. And this is the path that you are on. So commit. Find the courage, the strength to take another step and another step and another breath. Keep going. You are nearly there. Push the walls of your comfort zone away. Feel them expanding around you. Feel the strength emanating from your heart space as you expand and expand further, and that love starts to pour out of your heart, down your arms. Keep going. Feel the strength build up in your body. And know that it is not your shoulders holding you up. It is not your arms holding you up, but your commitment, your resilience, your resolve. That strength inside you is stronger than any muscle in your body. This is what keeps you going. This is what propels you forwards. This is your momentum. It is your self-belief. And it starts from your heart. Keep going. You're nearly there. Feel.

Speaker3: [00:42:27] Yes, push your arms.

Speaker1: [00:42:29] Outwards, and every time your mind wants you to put your arms down, every time those thoughts start to creep in, I invite you to reach them out longer. Hold them out stronger. Stand up to your fears. Face.

Speaker3: [00:42:43] Your deepest, darkest corner.

Speaker1: [00:42:46] And say I am ready. I am here, I embrace you, I am thankful for you, for showing me the way, for teaching me. Life lessons. And I will no longer hide. I will no longer cower away in the face of a challenge. I stand tall and proud. 20 more seconds to go. Reach those arms out long. Hold them out strong. This is your moment. Take a deep breath in. Breathe out. Bring your left hand onto your heart. Your right hand onto your belly. And just feel that beautiful heart beating. Take a deep breath in as you breathe out. Gently bring your palms together into prayer pose and rest your thumbs against your heart space. Give yourself a silent little prayer of gratitude and thanks for being here. For being you. Gently bring your thumbs up to rest on your lips. Remember to be mindful of the words that you speak, especially the ones that you say to yourself.

Say what you mean. Mean what you say. Bring your thumbs up to rest 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 life is in the here and the now.

Speaker1: [00:44:44] Bring your hands back to your heart space. Take a deep breath in, and as you breathe out, you can start to gently rub your hands together, creating some heat in between the hands, grounding your practice. And then you can lay your hands on or just above any part of the body that you'd like to send that beautiful energy to today. Take a beautiful deep inhale. And as you exhale. Start to emerge from your integration. You can stretch your legs out in front of you. You can bring some movement back into the body. Ah, yes. And as we embark on that beautiful journey into our heart space, know that whatever comes up for you is perfect. It is right there for you to see, to embrace, to feel, to look at, to observe. And you know why it's there deep down, you know. Don't suppress it. Feel it. Release it. Love it, embrace it. It is your friend. It comes from you. I want to thank you for joining me this morning on the mat. I will see you next time. I want you to go and have yourselves a beautiful, beautiful day. I love you all. Mwah!