

[Audio file link](#)

So again, my name is Jennifer. We are here, you are here. I'm very grateful that you made time for yourself, that you adjusted your schedule to be here to do this process does thank you. The theme of today's class is Tadasana and every asana. So Tadasana is a Sanskrit word meaning mountain pose and we'll take a look at what that feels like in our bodies in just a moment.

So, Jen, I know you're in child's pose, but we're going to do Tadasana in just a moment. (She's like, I got this. I know where we start.) We're also going to be talking about barking dogs, but that's going to be later. So everybody come to stand at the top of your mat and we'll take just a few moments to workshop what Tadasana feels like in your body.

So, first of all, it starts with your feet. Look down at your feet and make the outer edges of your feet parallel with the outer edges of your mat. Feet hips' with distance apart. So everybody take your two fists and this is the general rule of measure and do your two fists fit between your big toes?

That's about hips with distance apart. So that's step one. Now that you've created that distance, outer edges of your feet parallel with the outer edges of your mat. Imagine you could turn your inner ankles back and your outer ankles down. You feel how that lights up the muscles of your shins, your lower shins? Hug your outer shins in, pull your leg muscles onto your bones. Lift the front of your pelvis. Pull the belly button into the spine. Expand your upper and mid back, but pull your bottom ribs in. Lift the crown of your head up towards the ceiling and slightly pull your job on back to your neck. This is Tadasana: keep this in your body . This mountain pose is the same, in when you press your arms forward. Extend your your arms forward, pull your arm bones into your shoulder girdle. This is high plank, right? Extend your arms out to the side 90 degrees. This is side plank, right? If you're looking to the left, this would be side plank with your right hand down. You're looking to the right, this is side plank with your right hand up. This is also triangle pose and all of these poses.

So this muscle energy that you feel right here, put it in throughout your practice in every pose. So let's begin. Child's pose. Come down to your mat, take your knees wide. Stretch your arms out long on your mat and take up space. Bring your forehead down, breathe in and out of your nose. Ujjayi breathing is the Sanskrit word for victorious breath. So everyone inhale through your nose. Slightly constrict the back of your throat, exhale through your nose.

Breathe in, breathe out

Downward facing dog.

Look at your toes at the back of your mat and create that feeling of skin to muscle, to bone hugging into your center line into your spine line. Walk your feet to your hands at the top of your mat. Take ragdoll, feet hips with distance apart, clasp opposite elbows and drop your head.

Extended mountain, reach up, look up, breathe in. Take your hands to heart center.

We'll synchronize our breath and form a community of sound by beginning class with the sound of three ohms inhale. [OM x3].

Extended mountain breathe and look up, exhale forward fold, halfway lift, inhale, plant your hands and come to high plank and create Tadasana in your first high plank. Pull the pit of your belly in and up. Good, breathe. Everyone inhale. Lower halfway down, exhale, upward facing dog. Untuck your toes. Breathe in, untuck your toes. Yes. Eyes up, inhale, downward facing dog. Look at your toes. Exhale. Good. Full breath in. Full breath out.

One more inhale. Exhale. Look at your thumbs, stay empty. Jump your feet to your hands. Halfway lift. Yes Mary. Forward fold, extended mountain, eyes up, breathe in. Fold forward, breathe out. Halfway lift, look at the top edge of your mat. Plant your hands. Keep your eyes there and go from high plank to low plank upward facing dog, eyes up to the ceiling, downward facing dog. Look at your toes. Breathe in, breathe out.

Inhale, exhale. Look at the top edge of your mat. Jump your feet to your hands. Yes, Rachel. Halfway lift, forward fold. Extended mountain, eyes up, long Tadasana, inhale. Forward fold, exhale, halfway lift, breathe in. Plant your hands. Vinyasa. High pushup to low pushup. Yes Mary. Upward facing dog, downward facing dog.

Good work Corinna. Breathe in. Breathe out. Look forward, jump to the top of your mat. Yes, Chris. Yes Cher. Forward fold. Extended mountain, bow forward, halfway lift, Vinyasa. High pushup, low push up, upward facing dog, downward facing dog.

Exhale out all your air. Look at the top of your mat, jump to your thumbs. Halfway lift, fold. Extended mountain, eyes up, breath in, fold. Halfway lift. Vinyasa, high pushup, low pushup, upward facing dog, downward facing dog. Breathe in. Let it go. Another breath in, exhale. Look forward. Take your feet to your hands.

Yes Rachel. Halfway lift. Forward fold, extended mountain. See the wall behind you this time, eyes up, eyes back, inhale forward fold, exhale it all away. Halfway lift, breathe in.

Vinyasa. Plant your hands. High to low, upward facing dog. Good. Downward facing dog. Breathe in. Breathe out. Once more exhale, look forward.

Yes. Corinna jump your feet to your thumbs. Halfway lift fold. Bring your big toes to touch chair pose. Sit your hips down and back. Lift the pit of your belly into your spine. Set your eyes out in front of you. Good Doug. Breathe in. Exhale. Sit deeper, create tenacity, your skin to muscle, to bone hug in everyone.

Inhale forward. Fold, exhale, good work. Halfway lift Vinyasa, hyper Schupp, low pushup upward facing dog downward facing dog. Good. Chris step your right foot to your right thumb warrior one. Back foot plants, 45 degree angle-ish and everyone press your right shin more towards the front edge of your mat. Yeah. Lift the front of your pelvis. You can create Tadasana action even here, eyes forward, belly button in, bottom ribs in everyone. Inhale eyes up, exhale, plant your hands and you go high to low.

Good work, Jen. Upward facing dog. Yes Mary, downward facing dog.

Warrior One left side. Set it up. Create the action in your body. Tadasana. Press your left shin more towards the front edge of your mat. Lift the front of your pelvis, belly in, bottom ribs in. Yes, Rachel. Everyone inhale, lift your eyes up.

Plant your hands. Exhale high pushup to low pushup upward facing dog downward facing dog. Breathe in, breathe out. Look at the top of your mat. Jump there. Halfway lift forward fold.

Chair pose: skin to muscle to bone. From the tips of your fingers to the bottoms of your feet. Breathe in your nose, out your nose. One more inhale, forward fold, exhale. Good Corinna, halfway lift, breathe in. Plant your hands and go: high push up, low pushup.

Moving your body. Moving your breath. Upward facing dog, breathing in, downward facing dog, breathing out. Warrior one right side. Take a giant step and ride your breath in as you reach up.

Plant your hands as you exhale, go high to low. Linking breath to movement. Upward facing dog. Breathe in. Downward facing dog. Breathe out.

Warrior one left side, step forward. Inhale, exhale.

Plant your hands and go: high pushup, low pushup, upward facing dog, downward facing dog.

Everyone fill up everyone, breathe out. Jump your feet to your hands. Halfway lift inhale. Forward fold, exhale.

Chair pose, tiniest chair, breathe in. Bow forward. Breathe out.

Halfway lift, exhale, Vinyasa. High to low, upward facing dog, fill. Downward facing dog, emptying and warrior one right side. Move with your breath. Plant your hands. Vinyasa high, to low. And you'll take warrior one on the left-hand side. Once you have inhaled, vinyasa moving with your breath, hugging into your center line, your spine line, and we will meet in downward facing dog.

Plant your hands and go move your body. Generate heat by hugging in

Everyone, take a breath in exhale. Let it go. Walk your feet halfway up your mat. Take five frog hops. Jump your toes up off the earth in towards the center of your mat. Five frog hops 1, 2, 3, 4, 5, downward facing dog. Good work, everyone. Breathe in. Breathe out. Look at your thumbs jump there.

Halfway lift, fold, chair pose, breathe in, bow, exhale, halfway lift: high, to low. Upward facing dog. Breathe in. Yes, Chris. Downward facing dog. Breathe out

Warrior one right side. Take a huge step. A bigger step than you've taken. Skin to muscle to bone, eyes up. Plant your hands and go, hands to the earth. High pushup, low pushup.

Upward facing dog downward facing dog

Warrior One left side. Ride your breath, inhale. Reach up. Exhale flow, upward facing dog, breathe, downward facing dog. Let it go. Breathe in. Breathe out. Look at your thumbs, jump to the top of your mat, half lift, fold. Chair pose, squeeze into center line, sit deep. Bow forward, halfway lift, Vinyasa, high pushup, low pushup.

Good work, Jen. Upward facing dog, downward facing dog, warrior one right side. Create heat through your movement, breathe in, reach up and plant your hands. And you flow. High pushup to low pushup, upward facing dog, downward facing dog.

Warrior One left side. Breathe in, exhale. Plant your hands and you go: high pushup to low pushup, upward facing dog. Good Rachel! Downward facing dog. Breathe. Reset your breath. Yeah.

Lift your right leg towards the ceiling. Look back, you can see your toes, flex your toes back towards your knee. Flex your foot. The other flex Doug. Press out through your heel, flatten the sole of your foot to the wall behind you. Yes. That flex! Feel that in your body. Dial your toes straight down towards your mat.

You can see them. So point your toes straight down towards the earth. Yes, Corrina. So good. Everyone right here, bend your right knee. Stack your right hip up and over your left hip. Like a dog at a fire hydrant. More. Chris, stack your hips more and more. Imagine the dog. Be the dog. Flip your dog. Bring your right foot down to the earth.

Spin your left foot around. Lift your hips and set your eyes on your right thumb. Flip dog. Lift your hips more, Jen. Yes, everyone breathe and stay. Breathe out. Good drishti Mary. Breathe in, side plank. Right-hand to the center of your mat and create Tadasana in your side plank stacking your shoulders (Like you do when you stand), stacking your hips.

You're just in a different plane. The plane of your body is different here. Set your eyes up to your left thumb, everyone. Lift your top leg for five, four, three, two, one - Vinyasa.

Good work, everyone. Upward facing dog, full inhale downward facing dog, full exhale. Lift your left leg. And create the flexed foot you just experienced on the other side.

Yeah. Feel it here. It may feel a little different. That's okay. Bend your knee. Stack your hips left hip stacks up and over right hip. Yes. So good Karena. Yes, Doug. Good Chris. Everyone flip your dog. Take your left foot down to the earth as you do that. Lift your hips up. Eyes to your left thumb. Breathe in, breathe out, inhale.

Lift your hips higher. Breathe out, last inhale here, side plank left-hand down and create Tadasana newly. Lift your right hip more up towards the ceiling. Good, Doug. Yes, Mary. So good. Set your eyes up to your top hand. And hug into your centerline five, lift your top leg four three, good work Jen, two, one Vinyasa high pushup, low pushup, upward facing dog downward facing dog.

Ah, breathe in and breathe out. Good work, everyone. Step your right foot forward, Crescent lunch, right foot forward. Stack your back heel high up over your tippy toes, right foot forward.

Bring your pelvis lower. Yeah. Lift the front of your pelvis, belly and bottom ribs in. So good, Mary. Yes Rachel. Lower your pelvis. More Cher. You are strong. Yes. Take a longer stance. Yes.

Hands to heart center, twist to the right. Bring your elbow to your knee and then open your arms. Reach from fingertips to fingertips.

Press your left hamstring up towards the ceiling and spread your hands wider apart.

Warrior two back foot plants, parallel to the back edge of your mat. Press your right knee more towards your right pinky toe. Yes Karina and lower your pelvis. Press Chris, press your right knee towards your right pinky toe. Lower your pelvis. Yes. So good everyone. Yes. So good. So strong. Set your eyes out over your front middle finger

Flip your front hand, reverse your warrior eyes up, front leg stays low and powerful. Yes, Chris. So good. Extended side angle, bring your right forearm to your right thigh or your right fingers to the block inside your right ankle.

Stack your front knee over your front ankle. Come back into the Warrior Two leg, everyone lower your pelvis, more Jen, bend your front right knee more. Right knee. Bend more, press your right shin more towards me. More, more, more so good. Everyone inhale. Stay exhale. Set your eyes up to your top hand.

Breathe in, breathe out once more. One more breath here. Plant your hands, exhale, high pushup to low pushup. Good work, everyone. Upward facing dog, breathe in, downward facing dog. Breathe out. Step your left foot forward. Crescent lunge, new experience, new side of your body. Create Crescent lunge, press your left knee towards your left pinky toe, lower your pelvis, squeeze into center, belly button and bottom ribs. And yes, Chris. Yes, lower your hips more. Everyone's got like another inch or two. So good. Take your hands to heart center. Twist to the left. Open your arms and spread from fingertip to fingertip. Press your right hamstring up towards the ceiling.

Okay. Eyes up to your top hand. Good breathe in and out your nose. So good.

Warrior two. Left knee. Yes, Jen. Good. Yes Corrina, Chris. More. Down and knee to the left, belly in, bottom ribs in, shoulders down, everything squeezes in. So good. Flip your front Palm reverse up and back. Press your left shin more towards the front of your mat. Yes. Elongate through your left side body. Yes. Now take extended side angle.

Use the block. The block will straight up change this pose. It is a challenge. Challenge accepted, press your left shin more towards the top edge of your mat. Lower your hips. Lower your pelvis. Good. Breathe in and breathe out. Good work, Jen. I see that. Everyone inhale, stay. Exhale,

breathe in. Plant your hands and you go high pushup to low pushup, upward facing dog, downward facing dog.

Good work. Breathe in. Let it go. Breathe out. Inhale, exhale. Look at your thumbs. Jump your feet to the top of your mat. Halfway lift. Good Doug. Forward fold, chair pose, hands to heart center, centerline, squeeze, twist to the right. Take your elbow to your knee. And then squeeze more. Sit deeper. Open your arms.

Spread fingertip to fingertip. Sit and deeper. Take a breath. Stay exhale. Inhale forward. Fold, exhale, halfway lift exhale, fold. Chair pose. Hands to center twist, left recreate skin to muscle, to bone. Lower your hips. So good Cher. Yes, Rachel! breathe in, open your arms if you have not already. Inhale, stay exhale. Inhale. Bow forward. Exhale.

Take your feet, hips with distance apart and grab a hold of your big toes with your first two fingers. Pull your chest down to your thighs, bend your knees a lot to achieve that, breathe in and breathe out. Shake your head. Yes. Shake it. Now let the weight of your head drop.

Release your big toes. Stand on the palms of your hands. Gorilla Asana, palms go all the way underneath your feet, toes all the way up to your wrist creases. Stand on the palms of your hands with the soles of your feet. Good. Breathe in and breathe out in everyone. Take one step backwards in your gorilla Asana, in your gorilla pose.

Take one step forward and gorilla. Good work.

Release and you'll take Crow pose. If Crow is not in your practice, take forearm plank. We will be here for 10. At the end of 10, and we will flow through a Vinyasa. One, two, three, four five six seven eight, nine, 10 – crows low plank, everyone upward facing dog. Good work downward facing dog.

So good. Breathe in, breathe out. Look forward, jump to the top of your mat. Halfway lift forward fold. Extended mountain and bring your hands to heart center and set your gaze on one spot in front of you that's not moving. Make your goal to keep your eyes on that one spot through all of our standing balance and poses. Eagle right side. Take your right leg up and over your left leg. Squeeze them together. Take your right arm up and under your left arm and squeeze your shoulder blades together. Good - skin to muscle to bone to center line, squeeze. Eyes set, solid. Such a solid gaze in this room, so good

Switch sides. Pull your belly button in. Your bottom ribs, squeeze them into your spine line. Good Cher. I see that. Rachel. Good work, Jen.

switch sides.

switch sides.

Release and everyone has a block, have the block on the tall setting in front of your left hand so that when you hinge over from your hips, it will be right there. That's it. Right there underneath your left hand, on the tall setting. Okay. Standing leg raise, bring your right knee into your chest and take your shin with your hand or your big toe with your hand.

Got the big toe lock. Kick your foot towards the front of the room and open up to the right, extend your left arm out to your side. Like we did at the beginning of class, create Tadasana here. Look at your left thumb. Breathe in and out your nose. Come back to center. Kick your foot forward. Eyes up, fingers up.

Airplane pose, arms back by your sides. Kick your right leg back. Flexed foot, arms back by your sides. Palms down. Yeah. Squeeze your shoulder blades together. And everyone drop your right hip two inches. Yeah. Close your hips.

Lift the back of your right leg. Drop your right hip more. Oh, so good. Right there. Hands to heart center, half moon. Left-hand down to the block. Stack your hips. Even this is Tadasana. Skin to muscle, to bone. Set your eyes up to your top hand. Flex your right foot. Good Doug. Reach your right hand up towards the ceiling, palm towards the wall. So good. Lift your right leg higher. If the bind is in your practice, do that. If that means nothing to you, set your eyes up to your top hand for five, four, three, two, one. Release, come to stand and place the block underneath your right hand.

Standing leg raise, bring your left knee into your chest. Take your shin. Take your big toe open out and move your gaze to your right thumb.

Squeeze into centerline, come back to center. Foot forward, fingers Skyward. Good. Jen, I see that. Airplane pose, arms back by your sides, left foot flexed and alive. Drop your left hip one inch Mary? Yes. So good squeeze your shoulder blades onto your back body more. Yes, Jen,

Hands to heart center, half moon, right hand down to the block. Stack your left hip up and over your right hip. Good Doug. Reach your left arm up towards the ceiling. Yeah. Set your eyes up to



your top hand. If you bind, bind, if you do not bind, look at your left thumb 5, 4, 3, 2, 1 release and come to stand.

Good work, everyone. Re-engage your drishti, your gaze forward.

Dancer pose, right side. Take your left arm towards the ceiling. Right hand reaches down by your side, palm out, bend your right leg. Grab the inside of your right foot - palm out. I just want to make sure everybody has an open shoulder grip, palm out.

Yes. Open shoulder. Reach, kick your right toes towards the ceiling. Kick your right toes towards the ceiling. Pull your belly button in and take up space from fingertip to toe tip. 5, 4, 3, 2, 1 switch sides. Open shoulder grip, palm down by your side, palm out. Yes. Grab the inside of your left foot and take up space, 5 - eyes out in front of you.

See what you see? 4, 3, 2, 1. Change sides. Second set. Release.

Tree pose. Take your right foot to your ankle, your calf, or your inner thigh. Create Tadasana squeezing into your center line. Set your arms up, eyes up. See what's right up above you.

And close your eyes for 3, 2, 1 switch sides. Good work, good work.

yeah, press down. Your foot higher or lower Doug, a little higher or lower. Squeeze into centerline, eyes up and close your eyes – 3, 2, 1 release. Make your way to the top of your mat.

Extended mountain. Breathe in and reach up. Exhale. Fold forward. Halfway lift, breathe in Vinyasa high to low upward facing dog, downward facing dog.

Breathe in and breathe out. Walk your feet halfway up your mat. Take five more frog hops. 1, 2, 3, 4, 5 downward facing dog. Good work. Step your right foot forward for triangle. Right foot forward, back foot plants. Good. You stack your shoulders, right fingertips down to the block. Block is so good for triangle, slight bend to both knees, hug skin to muscle, to bone and breathe in audibly through your nose.

Stand up, point your right toes towards the left long edge of your mat and fold forward, fold from your hips. Walk your feet out wider and crawl your fingertips towards the back edge of your mat. The long edge of your mat that you can see. Good. Slight bend to both knees and press out through the pinky toe edges of both feet and glue the pinky toe edges of your feet down into the mat.

Breathe.

Stand up, point your right toes forward. Take your left foot, halfway up your mat. So your feet are wide, wide. Reach your arms up and create Tadasana here. Skin to muscle to bone, belly in, pelvis lifts. Bottom ribs, squeeze in. Hinge from your hips. Reach your fingertips to your right toes. Yeah. Place your fingers on the block or take your hands to prayer hands in front of your right foot or behind your right foot breathe.

Twisting triangle. Left-hand stays on the block or spider fingers, squeeze your inner thighs in and reach your right arm towards the ceiling. Set your eyes up. See your thumb.

Everyone breathe in. Let your breath go. Breathe out. High pushup, low pushup, upward facing dog. Downward facing dog. Left side triangle, set it up.

Stack your shoulders, bring a slight bend to both knees, tiny baby bend. Yeah. Use the block. If you don't use the block, be aware of the bend in your left knee, pull your leg muscles onto your bones.

Stand up, left toes aim for the left edge of your mat. Interlace your hands at the small of your back. Wiggle your feet out wide. Lift the front of your pelvis. Hinge forward. Press your fist up towards the ceiling and baby bend your elbows, baby bend in your elbows. Baby bend in your knees.

Stand up left toes forward. Create pyramid pose, left toes forward. Right foot halfway up your mat. Feet wide and point both of your hips towards the front of the room. Take your back foot wider, wider out to the edge of your mat. That wide. Yeah. And bring your left foot. Yeah. Bring your left foot more wide. Point your hips forward. Yeah, there you go. Reach your hands up, fold towards your left toes. Fingertips to the block. And creating a slight bend to both of your knees and pull your leg muscles onto your bones.

Twisting triangle, right hand to the block. Left-hand to the ceiling.

Press down through your right heel, out through the right pinky toe edge of your foot.

Breathe in, plant your hands. Vinyasa, breathe out. High, push up low push upward facing dog downward facing dog.

Breathe in, breathe out.

Shift toward into high plank, three Yogi pushups, one, two, three, lower all the way down to your mat. Bring your arms back by your sides. Palms face the earth. Put one ear on your mat. One ear down. Let your neck rest.

Create Tadasana in your body, just like you did standing. Locust pose rise up, flex your feet, create Tadasana feet. Flex your feet. Yes. 5, 4, 3, 2, 1. Lower all the way down. Put your other ear on the mat. Good work. Everyone palms face the earth. Yeah. So good breathe in, then breathe out. Locust post-second set creates Tadasana, skin to muscle to bone flex your feet more Jen. More. Yes. Five, four. Three, two, one lower all the way down. Breathe in, breathe out. Floor bow, bend your knees. Grab your feet, your ankles, your shins, whichever. Good. Flex your feet. Tadasana feet. Rise up, rise up, kick your feet into your hands. Flex your feet and more. Look at the top edge of your mat to lengthen your neck. 5, 4, 3. Good gaze Mary. Yes. Corinna. Everyone, so good. 2, 1 release. Sway your feet from side to side. Reset.

Floor bow second set, feet, shin or ankles, squeeze in Tadasana in your feet. Aliveness in the soles of your feet. Rise up. If you want to take your floor bow all the way to the right, do that. If you want to take it all the way to the left, do that. 5, 4, 3, 2, Good work Cher, 1 lower all the way down.

Bring your big toes to touch the back of your mat, press the tops of your feet down. Bend your elbows and place your hands on your mat so that your thumbs can touch your bottom ribs. Palms down. Take your hands out wide. Good, good press down through the tops of your feet. Press down through your hands. Upward facing dog. Lift your thighs. Okay. Lift your knees, arm bones back three, two, one. Good work, everyone.

Downward facing dog. Good work.

Come down to your knees and create camel pose, come down to your knees, stack your hips on top of your knees, place your hands on the small of your back. Lift the front of your pelvis, belly in, eyes up, eyes back, reach back for one or both heels. 5, 4, 3, 2, 1, come up out of camel. Sit on your heels and breathe. Reset. Okay,

Set it up again. Camel number two.

Lift your chest

Slowly come out of camel. Sit back on your heels

Bridge pose. Come to lie on your back. Knees bent, feet digging into the earth. Can you graze your heels with your middle fingers?

Bridge pose, press down through your heels. Up through your hips. Hips up towards the ceiling. You can stay here or you can interlace your hands underneath the small of your back and walk your shoulders underneath you. Wiggle your shoulder blades together underneath you. Press your fist down, hips up. Lift your right leg up towards the ceiling Tadasana foot.

Yes. Drop your hips. Two inches. Lift your hips. Two inches. Lower and switch sides.

Lift your hips, lower your hips, lift lower or release. Good work. Everyone. We have six more bridges or wheels. If full wheel is in your practice, do that. If bridge is your practice, do that. Each one's a 5 count rise up. One, 5, 4, 3, 2, 1 lower all the way down. Number two, if you'd like to come up and stay up, do that 5, 4, 3, 2, 1 lower all the way down.

Number three. Bridge or wheel. If you'd like to try full wheel, bring your hands on either sides of your ears and press down through your hands and down through your heels. Rise up 5, 4, 3, 2, 1, lower down number four bridge or wheel 1, 2, 3, 4, 5. Stay up or come down. Number five bridge or wheel 1, 2, 3, 4, 5, stay up or come down bridge or wheel number six, 5, 4, 3, 2, 1 lower all the way down and take reclined butterfly pose. Bring the bottoms of your feet together. Let your knees go wide. Connect one hand to your heart. One hand to your belly.

Happy baby. Bend your knees. Grab the pinky toe edges of your feet. Create Tadasana feet and press your tailbone down the back of your head down. Good. Good work. Everyone release your feet up towards the ceiling. Reach your fingers up for your toes. Pull your belly button to your spine. Engage your core, pulse your shoulders and your fingers up towards your feet for ten nine eight seven six five four three two one.

Lower your right leg to a hover, Tadasana feet. So good everyone's feet are active. Reach your fingers up towards your left toes. 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Switch legs, 10, 9, 8, 7, 6, 5, 4, 3, 2, 1, last 10 pulses 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Hug your knees in, place your hands underneath your tailbone. Send both legs up towards the ceiling. Tadasana feet. Pull your toes towards your face. Yes, Corinna. So good. Flex your feet, Chris. So good. Yes. Lower your legs. 30 degrees, another 30 degrees. More Doug, lower your legs. More good. Right there. Bring your feet to a hover. Hover them off the earth. Look up at your toes. Yeah. Lift your shoulders. Look at your toes. Hover your feet. Two inches up off the earth. Count your toes. 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Legs

up, head down. Good work, everyone. Lower your legs. 30 degrees, 60 degrees. Hover your feet. Look at your toes. Take both feet and circle them to the right for 8, 7, 6, 5, 4, 3, 2, 1. Head down, legs up. Lower down 30, 60 hover. Circle your feet, the other direction. Look at your feet. 1, 2, we're going for eight, 3, 4, 5, 6, 7, 8. Head down, legs up. Lower down 30, 60 hover your feet and take your feet wide and together for ten: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. Head down, legs up last one, lower down 30, 60, hover your feet, bring your big toes to touch and apart for 10, 9, 8, 7, 6, 5, 4, 3, 2, 1. Hug your knees into your chest.

Interlace your hands at the nape of your neck. Yogi bicycles, abdominal twists, Tadasana feet. Take your right elbow towards your left knee, kick your right foot out long - kick Tadasana foot. Yes. And switch sides. We're going for 40. Keep your feet in Tadasana and move with your breath. Yes, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10. 1, 2, 3, 4, 5, 6, 7, 8, 9, 20. 1, 2, 3, 4, 5, 6, 7, 8, 9, 30. 1, 2, 3, 4, 5, 6, 7, 8, 9, 40. Hug your knees into your chest.

Good Tadasana feet everyone. That was a lot of good work in your toes. Three boat poses, rock and roll up and down your spine. Just three. Each one is a five count, create high boat, balance on your sits bones, reach your arms up out in front of you. So it's higher, like that - as Mary's demonstrating so powerfully. Yes. High boat. This is 1: 2, 3, 4, 5. Low boat. Lower down. Yes, 1, 2, 3, 4, 5 - high boat. 1, 2, 3, 4, 5 low boat. 1, 2, 3, 4, 5 high boat, 1, 2, 3, 4, 5 low boat. Last one, low boat. 1, 2, 3, 4, 5. Let it go. Full body stretch from fingertips to toes. Good work everyone.

So good. Mm. You can take reclined half pigeon or make your way through downward facing dog to traditional half pigeon. And if you don't know what either of those means that's fine. Come into downward facing dog and to get to half pigeon, take your right knee to your right wrist. Good Corinna, right knee to right wrist. Yeah. Stack the toe bones of your front foot. Good Mary. Half pigeon - so come to downward facing dog and then take your right knee to your right wrist. Right ankle to left wrist to begin to open. Doug, go ahead and come down to your knees and you can take reclined half pigeon, like Chris is demonstrating back there. Flex your feet more, Chris. So lay on your back and grab the backside of your left thigh. And flex both of your feet, press your head down. Yes. So good. Yeah.

Reclined half pigeon, press your right elbow into your right thigh. Press it away from you. Yeah. Flex your feet more. So good. Switch sides.

Double pigeon. So you will either swing your right shin around in front and stack your shins at the top of your mat. If this is fictional in your body, you will take seated figure four. So if your shins do not stack where you cannot get your top ankle to the outside of your bottom knee, that's fictional? take seated figure four.

Breathe, flex your feet a lot. Can you bring your top foot more towards me? Yeah. Good flex your feet strong. Good.

switch sides. Switch the stacks, switch the shins.

Frog pose. Take your knees out the long way on your mat. Give your knee bones some cushion and create right angles with your thighs, your shins, your feet. You can take your chest down to the block or your forearms down to the earth. Corrina flex your feet. Flex your feet more, left foot more. Pull your left toes more up towards your shins.

Yes. Good, good, good, good. And breathe, lift the front of your pelvis like you did in Tadasana at the very beginning.

60 more seconds.

30 seconds.

5, 4, 3, 2, 1, crawl forward out of frog. Bring your belly to the earth, your legs together behind you. Rest, rest your belly on the earth.

And then set up seated single leg extension, extend one leg out long. Bring the other foot to your inner thigh. Now create Tadasana in your feet and fold forward. Foot to the inner thigh and fold towards your toes.

Switch sides.

Seated forward, fold both legs extend out long reach for both of your toes.

Reverse tabletop. Bend your knees, press your feet into the earth. Hands back by your hips. Lift your hips up. Set your eyes up and eyes back. Reverse tabletop 5, 4, 3, 2, 1. Bring your bottom down to the earth.

Fish pose. Place your hands underneath your hips. Bring your forearms to the earth. Extend your legs out long, forearms down, chest up. Eyes back, lift your chest. 5, 4, 3, 2, 1. Come up out of fish.

Choose your inversion. If headstand is in your practice, do that. If shoulder stand is in your practice, do that. Waterfall pose is accessible for everyone. Bring a block underneath your tailbone, send your legs up towards the ceiling. Simple inversion.

Yeah, lie down on your back, hips on the block, legs up and created Tadasana, in your feet.

Press down so much through your arms for traditional headstand.

So a person made a comment on one of the classes I'd uploaded recently to the internet and their comment got me pretty steamed, I admit. I did resist the urge to get immediately defensive, but I did write a blog post about it. And I learned that I must keep a closer watch on the words that I used, least I be misunderstood.

And I have a quote from Winston Churchill that I would like to share with you. You will never reach your destination if you stop and throw stones at every dog that barks.

Lower down out of your inversion, set the block off to the side, take a full body stretch, reach from your fingertips to your toe tip.

Hug in both knees or one knee and take a simple twist supine twist to the right. Both knees can drop to one side, look to the other side. And you take a simple twist in the other direction.

And you'll take reclined butterfly pose. One more time. Bottoms of your feet, touching knees, opening wide.

Now take your legs out long feet off the edges of your mat. Arms down by your sides, palms, open palms up to receive your practice. Let your eyes be heavy, eyes closed. Set up your body for stillness.

There is nothing to do. Nothing that you need to change or fix.

Receive.

Take a deep breath in, let it go. Wiggle your fingers and toes and the roll to your favorite side and pause.

Slowly, press yourself up to a simple seat at the top of your mat and bring your hands to heart center. Touch your thumbs into your breastbone. Sit tall. We'll close today's class with the sound of 3 Oms. [OM x3]

Bring your thumb tips to your forehead center, and together we bow.

Thank you so much Doug, Mary, Corinna, Jen, Chris, Cher, Rachel and Jen.

As you go throughout today and the rest of the week, just notice if you're getting distracted by the barking dogs, keep your rocks in your pocket.

Give yourself a hand. such good work happened here today. Thank you so much for coming.