

(Standing by for audio)

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SPEAKER:

What do you think that when you think of yoga? Poses on a Mat? Perfect alignment? Reaching far beyond your toes? The beauty of yoga is that it is much more than a sequence. Yoga is asana and also activism. Yoga is about acquired internal journey. And a growing powerful outward voice. Yoga is action, curiosity, empathy. Join us as we celebrate yoga. The diversity of millions who practice it, and the power it gives us all. Because we are all for yoga, and yoga is all for us.

SPEAKER:

Hi there! It's so nice to see everybody. My name is Kim Weeks with Weeks Swell consultancy. I am content creator for Yoga Alliance after being a marketing consultant -- consultant for a while. And I'm just so delighted to round out the first season has offered you all since June. It will continue to do so in 2022 after the brief break that Yoga Alliance will be taking in its content development to be very strategic and helpful with the content we offer you in 2022. You will see a location pole that came out, we'd love to know what you are calling in from. Before I introduce my guest, I just have to say that basically, this episode 12 of the six series -- or succession series that we've had all year where we brought in the heads of the modern main global lineages, not just give us a 101, what lineage is about and what makes it tick and its history is but then also a practice in the lineage which will be delighted to have with Monique Schubert today who is a master Kripalu teacher as many of you know logging in, we have the Capella 101 talk -- Kripalu talk. Our wonderful producer civil, you can take that podcast and listen to it, the CEO of Kripalu Robert (unknown name) and Monique and I talked about what yoga Kripalu is, is had many iterations and is really fearlessly facing 2022 oppose COVID world, what it looks like to be a retreat sentry at the heart of American yoga -- 2022 post COVID. I hope you can avail yourself of that. As we get into the practice, some housekeeping things. First of all, as we addressed in both the sessions last month and Kripalu last week, our attention for this series is to present a well-rounded holistic and foundational teaching of again the modern, world modern meaning yoga lineages will stop but there have been some serious abuses, sexual and power abuses in the lineages which we know and want to be inclusive in our conversation in our teachings of these lineages.

First and foremost, if you have been, if you are a victim or survivor of any kind of abuse like this, Yoga Alliance has resources for you which Cybiil will be putting into the chat. Please contact us so we can be a support network for you, and secondly, if you would like to hear what Monique and Robert had to say about this with respect to their lineage, you can feel free to press play and listen to the first five or

10 minutes of our session last week because we explore this in great detail.

In terms of the in – session housekeeping, here is how this session goes. We are so excited for Monique to be chest, she's a long time teacher who started out in North Carolina, at the moment in Brooklyn, has an artist. Multiple degrees, not of which at least our little credentials of RIT 500 and senior Kripalu teacher and trainer. Should be teaching, I'm handing it over to her in a minute where she gets to teach the whole class whereas many of you logging and no, we've extended the session to 75 minutes because we realize 60 minutes was not nearly enough for these teachers to really impart their experience, wisdom, lived experience, and the language that their lineage represents.

During this session, it's your body, as you practice, you want you to please take care of yourself because we can't see you and address specific issues. We trust and know that your own internal guide and your own internal instincts will support you, antimony, as she many times demonstrated last week, is really thinking about that, that is at the center of the allowing and self reflection and introspection that the Kripalu lineage offers. So if you would like to ask any questions during the session, please feel free. We learned over the seven months we been doing this, most people sort of stay off the QA today because you are taking it in and listening and learning from Monique. If there is any terms or things that come up, you can expect to see translations of those terms from us on the charts. Otherwise, just enjoy and like Monique take you through this Kripalu journey and this typical Kripalu class which what Robert says is filled with love. At the end, if we do have time, will take a few questions. Monique would love to address them about the Capello practice itself and possibly anything large that came out for you during the session. From here, I'll be waving goodbye, taking my screen off and you watching for questions at any issues that come up with you. I just want to say that it's an honor to have you here, morally, energetically, everything else, it just feels so right that you are the one to close out the first series that we've done of lineages. It's such an honor and delight to be with you.

SPEAKER:

thank you, Ken, that is a very kind of you. Really happy to be here with everyone. I just want to say a few things at the top, for organization and context so people know what is going to happen in the class. Very typical Kripalu class will begin with a moment to just arrive and get centered, make some inner space for the yoga to unfold, then will move in to (unknown term) and some warm ups from warm-ups when the body is really ready, will move into a sequence of asana practice and then we will make our way into a restful space for savasana.

Perhaps a little moment at the end of practice for some meditative self reflection. That is what the class will involve. I have also set up my Mac so it is parallel to the screen and I tend to move more, think about side to side so you can see my body or turning in parallel when needed, I just want you to be comfortable in your space, so however you are set up, as long as you are getting enough information to follow along, I'm not going to be mirroring so use your right or left however makes most sense to your body.

We will get to tied up in those details, though they are important. And I really look forward to any shares or questions that folks have at the very end. The last thing I want to say before we get started, I always have a little cushion for sitting and I've got to yoga blocks nearby and you may want to also

bring those supplies if you have them handy, as well as a blanket for savasana or some extra socks or whatever adjustments you really content and cozy during that period of intentional rest and relaxation. And the last thing I'll say to set the tone and get us started, is just to remind everyone or to introduce the first time, some of Kripalu words that really guide and have guided my practice now for 20 years. It is the phrase "Self observation without judgment is the highest form of spiritual practice." When I first read those words, my mind was blown. I didn't even know how to think about it or if such a perspective was possible. But I found that when moving my bodies in ways that were accepting and nonjudgmental, resting and having that time at the end of practice to just digest the experience, have new understanding, that new ideas rise to the surface, I have found that this idea of moving in a way that supports deeper self-awareness and that is the practice of self compassion. For me, those are really essential elements to the yoga. I invite you to try that out and see what you make of that piece. That instruction on top of everything that I might offer about brass or alignment or movement.

OK, so thank you very much, with that, during the at the yoga mat. I always had a bottle of water handy because you may want to hydrate at different times. So we will begin sitting crosslegged position. If that is comfortable for you, otherwise, please feel free to sit in a chair, to sit in Hiro's post, so find comfort in your seated post, whatever that looks like for you on this particular morning. And as you come into your seated post, just check in with your body, find those points where you feel supported by the surface that is beneath you. If you are sitting in the chair, your feet on the floor, her hips and the seat, you are sitting on the floor, you may feel the way your knees and feet either rest on the ground or maybe your knees are a little bit up. And then also identify the points in the pelvis that give your seated pose stability. You might notice the right to phone and in the left said bone, those two pointy bones at the bottom of the pelvis, you notice you can rock a little forward and back on those bones in addition to shifting the weight right and left. If you walk forward and back on the site bones, you notice that when you rock back, your tailbone tucked under, when you rock forward, the pubic bone drops there. Now investigate the relationship between the pubic bone and tailbone and see if you can line up those bony landmarks on the front and back of your body. I give a lot of attention to the position of the pelvis because it allows for a sense of groundedness and connectedness to the earth to the foundation. When that foundation is really study, then the spine in elongate from that foundation. So, allow yourself to get in to the stability and structure of the pelvis, get some of your weight down towards gravity. And with that same energetic alignment, begin to engage and lift up through the torso, through the chest, and between the shoulder blades, the base of the neck, and out to the crown of the head.

Sitting in this way, this is liberation posts. If you are doing it a little bit differently, it could be called easy pose when the ankles are under calves, but as you find food down and reaching out. Take a breath in and let your breath out with a sigh or sound. Hah. Do that a few more times, if it feels useful to you, meaning it helps you to arrive in this posture, it helps you to be in the body. It helps you to let go of anything that you don't need to bring to your yoga practice today. So take maybe one more letting go -- breath. If it feels like there is an invitation for you to close your eyes and go within, you might want to go -- make that choice. But if you prefer the eyes open, just let the gays be soft, I'm not doing anything on the screen, I just actually sitting with my eyes closed for a few moments while we breathe together. Begin to notice a breath. Notice where it lands inside the body as you inhale.

If you have the breath expands within the body. When it reaches fullness. There is a contraction, a release of letting go as you breathe out. Notice what that feels like for you. For just a few breaths. And explore the possibility of slowing down that in breath so that it takes a little bit longer to feel full. And slowing down that exhale. So it feels like you are perhaps breathing out just a little more than you breathe in and begin for the next few breaths just to slow the breakdown -- back down on the inhale. And slow the breath down on the exhale. And as you expand, the inhale and exhale, -- extend notice the shape of your body and check in if the shape you are creating is allowing more room for error. If something has shifted, notice if it will feel good to engage with the alignment of your seated post or if the intentional choice, the more skillful choices to soften and allow the post to surrender. And dentures here is how, posture support a really nourishing breath.

And I invite you to move from this slower extended breath and and brought out towards (unknown term), the three-part Yogic breath so we continue to slow down and extend it, also a little more intention about filling up the breath first below the navel then reading in the field about the navel and to the top of the lungs when they are as full as they can be, exhale with control of the top of the lungs, and the rib cage, and then from the space below the navel.

And repeat this pattern so that each hell fills you up -- exhale as you up and each one empties you up from the top of the lungs down to the bottom. Notice if the body becomes tense around this action of (unknown term) practice. But your jaw and shoulder relax, away from the years. If the hip sorties into grip, breathed into them and allow a little more softness. So that you can give your full attention to the breath.

Filling up below the navel, expanding into the rib cage, letting the breath which the collarbones, and exhaling from the chest, from the ribs, gently draw the nibble back to the spine -- the navel. To read all the breath out. And begin again. Just a few more cycles of the complete breath, (unknown term) and with each breath, realize that you are also working with prana, the life force, vital energy that comes to us through many ways, one of which is the breath.

And continuing to sustain the three-part breath pattern, bring your fingertips out to the size of your mats, press down through your fingertips to lift the spine up just a little taller, moving more into that extension on the midline of the body and let's just do a few son brats. On and here, which after the side, been fingertips up over the head, lengthening the whole body and keep that length as you exhale and bring your arms out to the side and all the way back down. Will do that just a few times. Just if you of the coordination of breath and movement happening together in the body. Simple sun breaths, just inuring to root down while we reach up and exhaling continuing to lengthen to the crown of the head, keeping that connection of the earth to the seat and one more just like that, slow smooth breath in, exhaling, as the arms come to the side and all the way down.

He personally, I just love the simplicity of the six movements of the spine and my warm-ups are always designed around making sure that I move the spine in all the six major directions, we will begin with a lateral to the right and left sides of the body. I am pressing my right hand into the floor, dishing it out to my right just a little more, and hearing the left arm up, I lengthen the left side and on exhale, I will walk those whiteheads out a little bit further, bend the elbow and Chris, right, reaching the left figure trips to

the crown of my head. Inhale at the center, put the left on the ground, which up with the right hand, lengthen on the left to an extent over to the left pointing with fingertips and crown of the head. Inhale center, and exhale good other way. As you extent over to the right side, reaching with your left hand, make sure that left hip is heavy on the earth. Inhale back to center feeling that connection to your seats, maintaining the heavy right seat bone as you extend over to her left side. And move at your own pace, with your own breath. A few more times here. Your movements could be smaller movements and you still get the benefit. Explore how much movement feels right for your body. You can alternate explore the spectrum of motion you want to work with in any given practice. Let's go once more to each side.

And inhale back up the center. With the palms on the knees, we will flex the spine forward and back. Good old camel rides or cat and dog as they are sometimes called. What onto your knees, let the pelvis, forward, lift the chest, lift your chin and gaze and on the exhale, move the opposite way, sink the chin to chest, shoulders rise to ears, press your ribs to the wall behind you and reach into the back body. Inhale, rolling forward again, so the belly, ribs, chest. Exhale weeding out from the chest, the ribs, the belly, squeeze the needle back to the spine empty all the breath out. Just a few more times here. Perhaps the breath has shifted and you are just enjoying a slow deep breath in and out, that's completely fine. Some of you another (unknown term) might just begin to appear, perhaps you are drawn to the ocean sounds breath naturally as you coordinate breath and movement.

Ocean sounding Ujjayi breath just a little construction of the throat that exemplifies or accentuates the breath. With your next inhale, up the center, back to stillness. Take the cushion out from underneath you, the last of our warm-ups will be a very gentle twist. For this, bring your hands behind you, bring your feet wider than your shoulders are in front of you. Take a breath and, lengthening the spine as you exhale, drop both knees to the right. Inhale back to center, exhale over to the left. And just like that, side to side, in help center, exhale a little twist,

Using the three-part breath, using a slow extended breath, or using the Ujjayi breath, the ocean sounding breath. You can add a little bit more to this twist by sweeping your arm in the direction you are twisting. If to the right knee, swing the left arm, if to the left, swing the right arm. You can even add a little more exhale with that arm, you can go ha! Make a sound. Try it. And maybe with that sound, we start to feel a little more energy, get a little more vigorous, ha! ha! For for some, an invitation to slow down. Make it your own. A few more times. Ha! Ha! Now the next time you are on the right side, just bring both hands in front of this right side, pressed her hands down, lift up, look towards your right shoulder, give your whole spine a deep twist here for three breaths.

Lack and inhale bring you back to center and take a twist over to the left side. Both hands in front of left side, rest down to lift up, continue to rotate looking towards your left shoulder, and breathed three full slow breaths.

And inhale, coming out of the pose. Coming back to center, both feet flat on the floor. Maybe drop your knees to one side, come to your knees, step 1 foot forward, then the other, and make your way up to a standing pose. So one thing about me in my teaching, I really love to teach beginners some always -- so I am always going back to very basic principles, that's what I will share today. I never tire of

mountain pose and lots of detail in this post. I feel like it filters into other post. Have a look at your feet and as much as possible, make them parallel, and then also I invite you to explore the articulation of your toes. And make some space between your big toe and little toe and try to place each toe so that there is no other toe touching it. We are really spreading the surface of our foot so that our feet are helping to hold onto the earth, and holding us up while we stand. From the feet, bring awareness to the knees and lift the kneecaps and soft in the back of the knees, a slight bend in the knees, engage more of the thigh muscle, pulling it up as if you are about to jump in the air or walk up a flight of stairs and in the legs feel engaged, and alert, that is a great place to begin with Mountain pose. Also notice the position of your pelvis just like sitting, we can bring the pubic bone tailbone and sit bone into the same plane and when the pelvis is neutral, just like with sitting, the spine can expand. -- The spine can expand. Lift up everything, as you feel that inner polarity like sitting, we ground down to the earth to feel, we reach up to the sky to the crown of the head, and everything in between have opportunity to relax, jaw, shoulders, press into your fingertips. And finding the most nourishing breath for your body today. On and here, bring your arms out to the side, and all the way up and all the way up also looks different for different people. Maybe that means your arms are wide, maybe that means your arms at shoulder height, or they are in a V. Maybe the palms are touching. So explore your expression of that asana, now compose. As you -- Mountain pose. As you sustain a few breaths, notice what changes, if you're knees locked, bend them. If your tailbone shifts out of neutral, bring it back to neutral. If your spine collapses to gravity, lift up again. If your shoulders get too active, let them so often. And then take the next few breaths imagine breathing into the whole body with each inhale. Breathing out from the whole body with each exhale, one more breath. Inhale maybe grow a little taller and as you exhale, keep everything the same but release the shoulders out to the fingertips, as you bring the arms down to the side and all the way down.

Released arms and keep everything else the same, just take a moment to breathe and feel. And staying right here in this basic shape of Mountain Pose, we will come once again, compose a person down to the feet, keeping the pelvis at neutral, reading the arms of overhead, this time let the palms touch, interlace your fingers and keep the index fingers pointing overhead. For those biceps close to your ears, left just a little higher, take another breath in and on and exhale, poured over to her right side, just a little ways. We are moving to (unknown term) half-moon. Remember Mountain pose here. And then if you would like to go deeper into the curve, press the left hip out to the side, which will take you more into the curved shape but on the right side, keep pressing through your right foot, lifting the ways -- waste and ribs, so the right side is growing taller as the left side takes that deep curve. One more breath and half-moon pose.

An inhale, Doctor -- back to center, back to Mountain. Relax shoulders and find neutral. Inhale, grow taller and U-shaped and on and exhale, point to your left. See how much about impose you can peel here in the half-moon. And you can stay right here. Or you can go deeper by extending out to the right hip, pressing the left foot, lifting the left arm higher as you curve over to your left side.

And breathe, and feel sensation and inhale back to center. Exhale to release the arms, out to the sides and all the way down. Chatted with your body, maybe you want to do a little shoulder circle or shake out your arms or legs. Allow any organic movement to reset the body. Now you're going to step out a little bit with the right and left feet. Typically my feet come about under my elbows or for the balance of

this post, and my feet are still parallel. Got a lot of sig figs that mountain Post has going on with it. For this post, in your arms up shoulder height, this is called the five pointed star. Take a moment just to stand here and feel the elements of Mountain pose you can bring in, raising kneecaps. In the back of the knees, engaged in size, find the pelvis at neutral, grow the spine up, relax the tops of shoulders down and imagine pressing the fingertips apart while also drawing the shoulders leads to words the back of the body. Five pointed star.

This is often proposed to be used to transition to other poses but there was a lot to feel and notice right here in this pose as it is. Bring your hands to your hips. And take your right foot and turn it 90° from where it was. So now my right foot stays the short end of my mat, the left foot is going to follow by pointing the toes towards the right heel and sending the left heel back a little bit. As I do that, my hips drop and start turning to follow the right leg. Noticing that, I'd like you to bring your hips back to where they were for mountain. So roll the hips to work along your back and try to find mutual as well. -- Neutral. Raise the right arm up, take a breath and as you exhale, extend over the right leg by tilting the hips. The spine doesn't move before the hips move. And go side was a little more. See if you can reach out along the horizon. What's more, go sideways and drop right hand down, press the back of your hand against her calf, maybe your knee or thigh. And press bone against bone. With the left hand, steer your hips away from the floor and a little more up to the ceiling.

So we are building triangle pose here. And then to complete this ship, bring the left arm up in the air, the idea is to make 1230 on the clock, but it's OK if your arm is on a different angle to make his shoulder happy. You can look at your right big toe, look straight ahead or look up at your left arm. And now that you are in triangle pose, pressed down to both feet, which out through both palms, -- reached out. Lift chest and lengthen to the head, take three good breaths here in Triangle pose. And to release this post press into the field, lift your left arm like you are holding a rope that is going to pull you up, bring the hand to hips, make a parallel, and then we re-create that on the other side. Turn your left toes out, 90° from where they were, that the right toes follow, notice your hips start to turn and get to the left on and inhale, we turn your hips to center, find the same ship you created in mountain pose with the pelvis. Let the tailbone and pubic bone point down, spine goes tall, left hand comes up, palms faces up, take a breath in and as you exhale, lean to your left side, build the right hip lifting up behind you, left hip drops down, reach out to the side. So out a little bit more. Drop that left-hand down past the back of your hand to the inner thigh, knee, or calf. With the right hand, just rolled her hips back and chest open, look up, look ahead, look straight down, decide where you're not as happy as and keep it there. And then that right arm up. Three triangles in triangle post from your upper hand to your feet from your belly button to your two hills and between the left arm left torso and left leg, so feel into those triangle, give this pose two more full slow breaths.

And to come out reach for that rope in the sky that it left to right back up to five pointed star, read here. From five pointed star we can play with a few more shapes. If you like, you can keep hands raised or to hips, once again turn the right foot out 90°, but the left foot follow. And once again, roll the hips back towards neutral back to Mountain pose position. -- Mountain. This time been the right knee but only it's right over the heel and pause there. And then I just, maybe you need a wider or narrower stance. As before, keep the hips facing forward neutral, not tilting for warrior two. Then bring arms out to shoulder -- focus your gaze to the right hand as a peaceful warrior, a protector. Where might you be sending

your energy on this day? Take one more breath here. And we're going to add a few shapes and flow through our side warrior a little bit. Take a breath and as you exhale, lean to your right elbow to the thigh, bring this left arm up in the air. Make a long diagonal line on the left side, while still lifting on the right. Rest down to the seats, and held back to our YouTube, a little reverse -- warrior two. Raise the right palm up, look to the center, according to the space behind you and let the left hand slide down, keep the same band in the right knee, inhale, back to warrior two, let's do that again. Extend over to the right side, left arm comes up, lengthen the side body, passed down to the feet, inhale, through warrior two, Reverse Warrior, drop that left hand down, I slide along the leg, right palm comes up and over. Warrior two. One more time. Extend over to the side angle variation, and here, warrior two, lower left-hand Reverse Warrior.

Anyhow, back to warrior two. And let's add a different version. Card will your hands down, come onto the ball of your foot, -- cartwheel. Here is a place you can be on fingertips or blocks. Press away with the left heel, lengthened to the crown of your head and gently rotate towards the right thigh. You can stay here with the right hand on right knee or sweep your right arm up, press fingertips apart, read in to warrior with a twist. -- Breathed into... One more breath here, exhale back down, and bring the left hand back towards the left foot, make a big circle back to five pointed star. Take a moment to breathe and feel.

Let's re-create that little flow, that sequence on the left side. Hence the hips or raised if you like. -- Hands. Let the right toe follow, inhale, roll your hips back towards mounting position. And then getting yourself set up, I'm thinking a little more space for my 2 feet from a warrior, you might want more or less. Band that left knee, just 90°, right over the heel, not in front. When your arms up at shoulder height, press the fingertips apart, keep shoulders relaxed, turned to look over the fingertips of your left hand. Again, feeling in to that energy of the Guardian. The warrior, protector, the peaceful warrior. Gaze at your goal in the distance. And let's add those little variations. Take a breath and and exhale lean to your left, a side angle variation, bringing the right arm up over your ear, chest stays hard, inhale -- trust stays high. In here, Reverse Warrior, look into your left palm, carving into the space behind you, inhale back to warrior two. Again exhale, lean over the left leg side warrior, long diagonal line on the right side of the body, inhale, warrior two. The Reverse Warrior. Inhale, back to warrior two. And once more, side angle variation, reads and reach here away from fingertips. And he'll have to warrior two. And bring this palm down reach up and over with the left hand. And inhale back to warrior two. Now our twist, both hands to left knee, vivid forward, bring hands down to ground, you were on the ball of your foot, right hand can stay on the ground, you can grab a block here, left hand to left knee, lengthen the spine, and rotate, turning your belly, ribs, chest, towards the left side, stay right here with hand on the knee, for being your left arm to the ear, remember the mountain pose here, the chest be brought, shoulders relaxed, -- just be broad. Spine extended and breathe. On an exhale, bring the left hand down, right hand towards the right side, make a big circle, back to five pointed star. Take a breath right here and feel. And then turn your heels and a little bit, close out, and bend your knees and elbows at the same time. A little squats, and help to strengthen. A few times, exhale bent knees, but the hips sink. In here, reach out to the fingertips and crown of the head. Exhale said bones widen as you sink into your seat. Inhale, back the five pointed star. Do that a few more times.

Keep going. Sort of flowing with a little Ujjayi breath here. The next time we come to the goddess

squad, let's sustain and expose for a few breaths, here is where the prana we been working with and building, we want to use that energy, draw on that energy to sustain us here. And then remember Mountain pose. Press through big and little toe, feel the softness of the back of the knees, engage your thigh muscles, have the pelvis at neutral, have the spine growing tall, at every moment. Elbows hi, shoulders relaxed, and breathe right here. Maybe your body wants to do a little more, a deeper squad. Maybe it wants to do less, you can certainly make that choice, just notice if the impulse comes from impatience or discomfort or curiosity, and what happens if you sustain just a little bit longer. Does it build more... Does your body respond differently? Does the mind telling you things? And if you are still here with me, let's add a little (?) breath. (Heavy breathing) can you be here for three more breaths? Can you sink in? Can you move in a way that gives you energy to sustain for one more big breath in, and out, and inhale release out of the pose. And bring your feet closer to mountain, hand on heart and belly, let your eyes close, feel the aliveness of your body at this moment. And what is the next thing that your body wants to do? What is the next shape or sequence of movements or maybe unstructured organic movement that your body is ready to flow into? I invite you for a few moments to just completely trust the prana, life force within you, the energy within you, to allow the energy to move the body in any way at this moment. It's all yoga. You might be doing propose that you've done 10,000 times, or you might be following the impulse to move into a shape that you have never seen before. Or you might be standing completely still and just feeling deeply into the aliveness of your body. So whatever choice you make, is yours to make skillfully, to be fully in the moment, and to let the practice of yoga do you for just a few brats as opposed to you doing the yoga, see what happens. If you just let the body move in response to what you are feeling for the next few breaths.

There was absolutely no wrong way to let the body move spontaneously. Whether your mind is sort of controlling it and making choices or is it feels like the body is moving all on its own. Just trust this process for a few breaths more. And I would invite you if you have been doing a practice that has two sides to it, for balance, or counterbalance, please make sure you can take yourself towards the second side of the practice. Just to create that balance and harmony in the body. Again, just still cussing the process, reading and feeling, allowing your body to move in any way that you feel called as a result of the prana moving in the body, just allowing the yoga to do you, to move through your body. Just give it a few more breaths to create a place where you can come to in an organic pause when you are ready.

And when you feel more or less complete with this little moment overflow, please join me standing back on your Mac -- Max. --mat. And turned to that you have more of the mat I have reviewed them behind, and your palms to your thighs bend your knees, send your seats back and fold into a forward bent with a lot of bent in the knees so your backs of the legs are not straying in your spine can release forward and just walk your hands out, keeping that little band in the knees, and perhaps you will want to walk your feet back in a moment, finding yourself in Downward facing dog. My heels are off the ground, I keep the knees bent, you can experiment with the downward dog that your body wants to explore today. Let's do a little bit of perhaps peddling, the heels, raising one heel dropping the other, you can do that with the knees bent or you can do it with let's straight and you will feel more movement in the back of the hips potentially so just explore this version of (unknown term) Downward facing dog. And then bring your left foot closer to the right to the left foot is at the center of Mac and press the right foot up in the air. Kick that heal up really high, make that long line again from pinky finger to pinky toe

on the right side and moving towards pigeon pose then the right knee bent close to chest, leaned forward, and set your hips down. Here is a place for sure where a bolster, folded blanket or block can support your hips. So, if your left thigh in this case the right knee is bent, the left eye can be -- left thigh can be facing the earth, even if hips are high, you can still feel that the front of the right by his hovering -- right thigh. As hovering, trying to find that parallel pelvis like mountain pose. If you are sitting too much on the right or to the left, try to find neutral there. Your hands can also be up on blocks to raise the floor a little higher. So use the props to make yourself as comfortable as possible here. Flexing direct -- the fourth, provide protection to the knee if they are challenged. Other versions would be to have a foot under your seat or to do this on your back, so that reclining pigeon if this doesn't work for your body. If you want to stay upright in the pigeon pose, you certainly can. I also invite you to perhaps explore the climbing over the right knee, maybe stacking your forearms and resting your head on your hand. Or using a block here. And breathe into pigeon pose. Breathe into the places where there is a lot of sensation, you can also experience maybe some little micro movements, like rocking side to side, is something that you enjoy or maybe kind of like rolling out of the hips, letting the spine undulate a little bit. When we sustain a pose, that doesn't mean we are holding our breath, there is still movement and fluidity, energy flowing in the pose, and then bring the palms back under the shoulders, draw the shoulder blades together, like you are rolling the rib cage and chest forward as you lift up, pigeon pose, (unknown term) now engage your core muscles, draw your bellybutton in and up, wrote down as much as you can, see if you can lift your elbows up, maybe even send your arms back, a little balance in pigeon pose here, one more breath. And then, as into the palms, talk the left toes under, press write back to Downward facing dog. Again, bent at the knees, sent the hips back, press the ribs towards the tires, to lengthen the -- size. Rock the hips side to side, and then again, bring the right foot to the center of the mat, extent the left leg up, pressing pinky finger and pinky toe of the left side far apart. But in the left knee, draw it towards your chest, come to patient post, again this is a good place to put a pillow or folded blanket under your left thigh. Check if the right leg is coming straight out behind you, not out to the side. Press enter the fingertips, roll the shoulder blades back, lift and lengthen the spine, get tall again. You can stay right here or if you like, on the next hill, come down to her elbows or forearms or rest her head on the block or floor. And explore the reclining pigeon. Again, any little micro movements, shifting the weight right and left. Letting spine undulate, feeling sensation in the body. And becoming even more curious to dive in to that sensation. To experience it fully, as long as we are all skillfully choosing the expression of the post that is really working for our bodies, really healthy and beneficial. Take just a few more breaths and reclining pigeon. -- In reclining... And then begin to build balancing pigeon, rolling the chest open, rolling the ribs forward, using the arms and lengthen to grow a spine upright. Gather strength in your belly, stability in your core, maybe just press the elbows back or reach back with those palms, the wings on your page and, -- on your pigeon... Take one more deep breaths here. To release, bring your hands in front of the left knee and just swing the right knee around. And you can bring your hands to the back of your knees and just rolled down from your sacrum to your rib cage, shoulders neck and head resting on your back against the mat on the earth. Keep the right knee bends, left leg straight, place the right foot on the left side, extend your arms out to the right and left, making the T with your body and then roll your right knee over to the left side of your Mac for declining spinal twist, you could rest your knee on a bolster or block, you would also let the hand rest on the knee, not putting any pressure, just being easy here in this twist, go ahead and look back at your right hand. Keep the shoulder on the ground on the right side. Even if that means you have to come out a twist just a little bit to make that point of contact with the earth. And return to the

slowest fullest breath you can find. And if you feel ready to release the twist then on your next exhale, slide your right foot down your left leg, your feet will touch and you will roll out of the pose. And from there, just make your body into a straight line again everything lined up, arms to the side at shoulder height, this time than the left knee, place the left foot on top of the right side, turn your head look at the left hand while you bring that left knee across your body to the right side, go ahead and press that knee onto a block all Brewster -- all bolster for support. And keep reaching out to your left and keep the shoulder blades on the mat, feel that point of connection. And breathed into your expression of the twist. Let the belly be soft, relax the jaw and the face, -- the jaw... Two more products on this side. -- Two more breath, if you're ready to release, just slide your left foot along your life, you will roll right out of the pose onto her back. -- Your back. Make yourself comfortable for a little period of savasana, rest and relaxation. So if you are content exactly where you are, as you are, then stay right there. But if you feel like you need to reach for a blanket to cover your shoulders or your toes, is you want to rest your knees over a role blanket or folded also, I recommend some type of band and the needs for comfort, if you are by a wall, you could do that to the wall which is amazing. Such a good feeling. -- Legs at the wall. For some folks, perhaps sideline would be a better choice, I like to use a block because it keeps my spine lined up and this is also super comfy. So find the savasana that gives you maximum contentment. And as you come into a still reclining position, give yourself complete and total permission to give up all efforts, all doing, and just to be. You can also get up guiding and controlling the breath, and let the body breed all on its own. -- Brief --breathe all on its own. You can even allow all your thoughts the freedom to come and go. And yourself the permission to observe them with no judgment, no preference, no commentary.

And for the next few moments, allow yourself to rest deeply and completely and to receive the grace that comes with the practice of yoga.

Please begin to deepen your breathing. Take in a big breath and let your breath out with a sigh or sound. Loud sigh. I invite you to wiggle your toes or mixing calls with her ankles and wrists, or perhaps you want to structure whole body or bring your knees to your chest, so many good choices, just make the movement that is energizing to you, and that brings you back to wakefulness after a brief moment of rest fullness.

And in your next few breaths, please join me in a seated pose of your choice. Sitting up with a steady and balanced pose, breathing slowly and smoothly, coming back to check in with yourself on the other side of practice.

Just notice is maybe you are able to observe yourself with just a little bit of detachment and self compassion. And maybe notice if there was anything that came up in practice that you would like to revisit for yourself or that you want to remember.

And even if the experience was something completely different, (Laughs) Whatever it was, Inc. is so much for your time and energy today. Let's complete our practice by chanting the sound of OM together. I Assume will cut off my Om. I imagine that I can hear all of you as I am sharing my Om. As well.

(Om chanting). (Om chanting). Thank you so much for joining me for practice today. And we've got just a few moments, I'm going to come back towards the screen and see if anyone has got questions or comments for me today.

SPEAKER:

You so much, Monique, it was such a beautiful practice, Carl and I, sorry, Sybil and I were chatting a bit, it reminded us, this might lead into a question I would really like to ask first. It reminded us of the meditative quiet peace that we were experiencing in the integral yoga practice with (unknown name) which during the session, we shared with you my site weeks well.com, has recordings of all of the sessions. You can search them on YouTube but we've categorized them to make it easy for you, it will be great if you check in on that session. We've got some really fun conversations coming in next year of course as I said. The question I guess is, what's the difference between Kripalu yoga and hatha yoga or classical yoga, the question came up a bit last week and we said we would answer today and so let's try. (Laughs)

SPEAKER:

Well, you know, that question Robert and I were like... "What an interesting question! Maybe it is binary, we just want to break it down, it's all the same." But you know, the idea that what I am doing these poses, continuing to sort of monitor my attention and self-awareness for me, if I had to say what is Kripalu yoga, it would be that element added to the Hase, physical practices. -- hatha. A bit of that meditation brought into asana, it is perhaps a pairing of the two that for me, when those two come together in a way, it is quite see, it is very transformational, that feels to me like Kripalu. I did want to say that my first yoga teacher, as an adult, I had gone to a yoga class with my mom when I was little, that made an impression on me. But in college, my first yoga teacher was an integral yoga person and she was...

SPEAKER:

No way, that's right!

SPEAKER:

She blew my mind, and I said I need more of this. Back then I didn't know there were styles. I did know what she was, but she was awesome. Later I realized from looking back at material, that she was integral trade, they are like very sympathetic,

SPEAKER:

That is so cool. You do that and I forgotten completely that you had talked about it and then observing her class the whole time, that's really wonderful! I can't sort of a firm that more, please check in on all of these lineages, master classes, it has been from where I sit, the most interesting perspective to see the classes strung across these six or seven months and they are free and you can watch them and why not we take this class for Monique but I would like to put a pin on that money, and say that I really love that way of describing the hatha yoga practice which has the poses and the movement, I love that thing you did at the beginning, twisting side to side with knees, I was wondering where you found that, nobody asked that, but then applying that deeper rooted meditative approach is really great. The one, so we ask. How many precautions you mentioned before class? When you typically teach?

SPEAKER:

You know, I have the luxury of teaching and very structured environment. So I will make a disclaimer and then I will talk with individuals about their needs. And I find that tends to be more effective than getting all the benefits and precautions while I continuously teach, but I also want to see, I feel like relationship is such an important part of yoga. Teaching people what we know something about them is really helpful, it is really hard, we don't know them and have a relationship, and give attentive information. I always air on the side of caution when folks are new, which doesn't mean those can be challenging, but I also want to give myself time to get to know students, not feel like I've got to do all this info every time I open my mouth. Everyone is different. So I think keeping people safe is hugely important, and so whatever strategy you find what's best for you, is your style and what you teach, then I would say find a process that works for you and then expand that process for yourself.

SPEAKER:

I would love to... I would love to just end the session on this something you said last week, the state transmits and your state and presence and the way you help space in that class was really, I know we are not supposed to be attached, as yogis, it was really memorable. For me, and I would just like to say to everybody we continue to try to pair these one-on-one sessions with these practices so you can not only here these experts in their own fields to describe what it is in the 101 kind of like survey of yoga lineages, what they are but also really get to embody and internalize the practice. So, we are out of time, but money, I can't thank you enough, thank you so much! I am hoping, I will just say that you will see others from the yoga lineage sessions with me, and hopefully even Monique next year and further roundtable sessions, we are thinking about lineages next steps and I will be putting up information about that, Instagram week start well, and you can find it on website. And we hope to see you again in a few months in the next series, the site... Season two of yoga leverage the results of other but we have yet to uncover, we can't wait to bring those to you. Monique, what can I say! Thank you so much, it's been such a pleasure to be with you in your presence for two weeks in a row. I look forward to seeing you very soon, and look forward to seeing everybody really soon! Stay, thank you Kim! Thank you everyone for coming to share your time with me today, I do not take that for granted at all and I look forward to pouring to comments and questions, they always sent me a document with those.

SPEAKER:

Majority of it, I would take more time but almost everyone all the questions are saying thank you! What a good practice! Sunshades and everything. Definitely, will all be in touch together, we are altogether in this community, I do believe in this lineage is a way of building and growing. Thanks again to everybody! We will see you all again soon.

Live captioning by Ai-Media

SPEAKER:

Take good care everyone!