

# Transcript:

## Strength Theme Class

**Speaker 1** [00:00:02] Okay, everyone. So you are building a class around strength. Everyone is coming to class and you're inviting them to find a position of strength. So, of course, if someone says that, I'm like, That's so weird. So I might let folks know, like, today our theme is strength and what it feels like when you feel strong in your body.

So let's just take some time to practice different positions and see how we feel and start seated. And even in a seated position, we have so many options. We might lean forward. We might lean back. We may be seated in this cross legged. We might be up on our knees. Just notice in a seated position. What shapes make you feel stronger? Arms up. Why? Cactus. There's no right way. One like. And you don't have to move with me. You can start to explore. Could be yoga pose. Could be your own pose. Different positions. Lunges. And how they feel in your body. It doesn't have to be a yoga pose, but it could be. Just noticing where your strength is. You feel it in your legs more. In your arms. Closed or open positions. Certain leg. Twisting. Maybe you feel strong when you see behind you. She made me feel strong when you have a prop like the chair. It's going to be different for everyone. Could be standing. The final position that feels most powerful for you.

Wherever you are. How did you decide? How did you know that that was your power position? You chose a low position. Just ask yourself, how? How did I know? How did I choose that? Which one was my second strongest? Maybe feel between them. Moving between them and then really getting a sense of how you knew. No, this one is stronger. Where do you feel strength in your body? Does it correspond to stiffness or can you move within that strength? It's no right or wrong answer. Maybe strength is holding. Maybe the strength is fluid. If it had a movement, would it be a fast or slow movement? Low or high? Would it be? Jaggery. Or fluid or color. It's your strength just feeling into some of those questions as you continue to move your body. Between that number one and number two, strength proves. Which I think feels too much. You're always invited to take a break. But strength in itself doesn't feel safe for you then moving into a more supported. A gentler Evie.

Vulnerability is here. Safe spot. You might move between a position of strength and a position of vulnerability. Of ease or even of weakness. Exploring how that feels in your body. And we're just going to move into some breathing now, a little more rapid breathing than we're used to. You give the belly a little rub. Let the breath come low, maybe pounding on the chest, yelling into some low sounds. Huh? Hook, baby, letting out a hup! Hup! I want to get up. Into a. But the position here ha ha may maybe opening the arms if that feels too open,

coming back into a lower closed position. Hands on the belly or maybe hands on the thighs. Lots of options here. Ha ha. If you can let your sound out feels okay for you today, I invite you to use some sound in this class. Oh. Deep breath and let it out through the mouth. Deep breath in. Without the mouth. It's come up. Oh. Using nice low sounds. Oh. Let's turn this into our first warrior. One of the day or two of the day. Sorry. Resting on your side. Of course, you're always invited in this class to use the chair. Sit on the chair. The hand to the waist. Huh? Put it into an extended side angle. Ha ha ha. Feeling into the strength of the legs. Pressing the feet into the ground. Growing taller, huh? Maybe stretching out that leg if you need a little break before you put the feet to the other side. Her. Going into your extended side angle. Ha. What's coming up as you let out those sounds? Always invited to just take a break at any time. Just coming to a seated position, bringing the energy, strength and feeling into our strengths can be both liberating and scary. Like keys over your middle finger tips and just notice. What happens when we bring in Maggie's point?

As you can see, I'm kind of bouncing in and out of the office where you might find stillness, where you might work with a little bit of a swaying. Swaying can be comforting. Ease. Looking out over the middle finger to feeling into what's behind and what's in front center. Into. My strength. Also, my support isn't supported by the ground. I'm just sort of moving in between my warriors, just moving. And then when it comes to my warrior one, now, arms can reach up. Just feel how your downward energy into the legs and then reaching upward this opposition and feeling into the power of using the floor and feeling into your strength of that doesn't feel strong to maybe taking a lease, maybe holding on the chair. Big presence or huh. If you're using your charity, type one charity can lift up as you move into the other side. Get a little, little time. Wait. Practice their. Again, this option to reach the arms of some people fear their strength. They feel their ponds pressed together. Forward and backward energy. Can feel into that. Forward and backward energy, even as you bring the palms together so you're aware. All the space around you as you sit into the middle of your strength, into your power. Maybe that strength, that power brings you up into a balance. Perhaps holding the chair here at the seat here at the top or lifting off, if you prefer. As you come into your balancing pose here, you get a little to the other side. Same thing here. Opportunity. Stay where you are. Right to opt out. So hold the chair. How can you use your strength to lift up into balance breathing here? It's a powerful pose. To back down. We're going to move into our tasks in a chair pose. We can actually sit in the chair. Squeeze the thighs together. Might come in and out of the chair. A little bit of the bounce.

So you might stay up. Up to you. Feeling into your strengths as we breathe here. One. Big breaths in and out, too. She was a rocket ship about to explode. Three. Four and five of drop into our summer heat mountain homes. Notice how you're feeling. Might be a lot of energy moving in the body. If it's available, you might decide to just be with sensation. If you're deciding to move or fidget, make sure it's conscious. The vibrations are too much. Sometimes you want to sway. Then really do it. Don't just cram close to it and know you're doing it for coming back to your sturdy mountain. We're just going to look at how this mountain could be

even sturdier by spreading the toes and peeling all the four corners of your feet. The ground into the ground? Press down and lift up as your fingertips reach down. Perhaps finding some strength in the lower abdomen. Doing yourself, becoming stronger fingers, reaching down toward the ground as the head reaches up. It's a great win. Where to come? Try to rock you. It could not push you down. It's not. Some people find great strength and balance.

So we're going to move into a little balance here. You're in a good mountain pose. You can stay right where you are if you need to adjust for a chair or a wall, go ahead. It feels available to you to lift one foot up first top of toes. The heel rests in the lower leg, perhaps then moving up to the calf, my foot and my leg press evenly against one another to come into my balance. I feel all this activation in my lower belly. If you wobble, if you fall. What's the recovery that helps you feel strength? Or. What's the. Acceptance of that vulnerability. That also leads. To a greater troop strength. Playing with that boundary falling. Being in that feeling. Not pushing away of books. I slipped. I fell. If you haven't fallen yet. And you want that experience to just feel into that. You might look up at the ceiling as you raise your arms, maybe even close your eyes. Sensing into that liveliness, knowing that life is like that sometimes. Peering into your breath, feeling into the support of your strength as you press your standing leg into the ground and then coming back to your mountain hopes. Shoring up your breath. Finding strength is a long endurance and exhales. Grounding down. Grounding down to the other leg. Now, very gently, slowly moving the weight into the standing leg as you come up onto the toes, remembering you can do this in the chair. You can imagine postures at any time. You don't want to take today. Why? Your class? It's not your vibe. It's not the pose. You need a break. You need a water. Only you know what's right for your body today. I'm just here providing a little bit of a suggestion. You can run with that how you like. Again if you haven't gotten a chance to feel into your vulnerability. As eyes may be, if you like. Just being with the rocking and rolling. That's life. That's life. We're going to come back into this great squatting position now. We work on a little bit of a crow pose now. Crow is a balance. It's very important to me that we feel safe and that everyone who really respects the rules of control. I know. Jumping, no flipping. We're doing this in a totally supported way.

So first is working just on our squat. Maybe your heels or your arms are glued inside your leg. Your leg is pressing on. The outside of the arm is a lot of friction here. Everything's pressing, pressing against. I keep my chest up, sternum lifted. This is really important. Everyone's going to keep their chest up as my hands down chest stays up. Fingers are wide. Maybe a little bit of gripping, gripping the ground, leaning forward. I stay up, chest stays up, maybe feet come up off the ground. They don't have to be working on the strengthening. No prize maybe are here, just looking ahead, feeling into your strength. Maybe you're leaning a little bit. Maybe you put a pillow or a cushion. Okay. If you're feeling nervous or you have that protection, feel that strength. Nothing wrong with that. A couple more tries here if you want to try if you want to be in this today, if the low squats not doing it for you, you might want a little bit of a higher position of that wide leg. Good position. We took earlier, had a lots of options. We can really have to work on that friction, setting it up right before we can come up with that

balance. And just feeling whatever that part of giving ourselves whatever calm, common support that we need. To balance our strength with the nurturing. This. Unbridled strength is not helpful. Finding that found strength is downstream. Another post very nice for building your strength is dolphin pose so we can bring our elbows very close together. Like to measure by taking the insides of my arms and they make sure they stay super close. Even as I open, I make a pocket for my head and I'm going to actually hold my hands together in a fist. My legs are coming up like downward dog and I might bring my chin over my fist. Not just stay here. If I don't want to do that, then I want to bring my chin on this. This is downward dog. I can always rest a child's pose or I can work on these kind of advances. Bringing my and then I might want to I want to count one. You might want to do my horse.

So lots of options here. And of course, in the end, I'm going to want to take a rest. And when everyone feels restful, I'm transpose. Perhaps I'm just sitting here with my hands and my knees. There are a lot of strengths building to a. We're going to start to bring it in. Coming to your seated position. Whatever that is for you today. Feeling into the structure, the bones. Of course, eyes can be open. You can gaze at one spot. Just sense into. The bones. Structure of the body. And sensing into the muscles. The waves, the muscles for their feet. And I. Something into the breath, the support that the breath was able to give you. And your intention. Strength of your intention. And if it feels available for you today, you want to give it a try. Let's take this upward lifting posture either in a load as if that's something you do or cross-legged position. A chair is great for this because it really helps you lift up and compress down and lift up your body as long as you can. Even if this the bum comes up and no feet, it's trying to get as much of that final bits of strength out. Trying to keep lifting three or keep lifting. Five, six, seven, eight, nine and ten. Really sit down. Do you still have anything left?

And you might want to take a little nirvasana and you might take an interest before laying down or laying in your chair, sitting in your seat, or finding any posture that might be good for the final rest. All the options always available to you here. Open in your rest. And again, we're going to use this time to tune into our strength. Perhaps asking some questions around. Where we find our strength? Does it work for us? Does it hinder us? Where is it centered in our body. It's different for everyone. What are your feelings around strings? Are you allowed to be strong? Are you allowed to be weak? Is there a space where all. All those grays a little bit strong, a little bit weak. You live within your body. And just breathing into those questions, knowing that we might not have the answers today. With our bodies now. As you're ready, you might come out of your rest and join us together for a little reflection.

Thank you.