**'Yoga in Practice' Season Three Episode Descriptions**

Episode 27: **Connect to Your Softer Side**
This fluid sequence incorporates the Moon Salutation, offering a soothing alternative to an active practice and providing equilibrium in an uncertain world. It is also a nice practice for the evening when you wish to slow down and connect to some inner quiet.

Episode 28: **Simplicity, Patience, Compassion – Chair Yoga**
Chair yoga is a gift of simplicity and compassion, meeting us where we are on any given day. It slowly builds strength and flexibility over time without taxing us too much, and you can practice in your office, while traveling or any place there is a chair!

Episode 29: **What Makes You Come Alive?**
Yoga teaches that life is truly a precious gift, not to be forsaken, and we show our gratitude for our life by trying to live fully each day. In this episode, we will practice Vinyasa, moving fluidly with the breath in a series of poses to express this fullness.

Episode 30: **A Moving Meditation – Gravity and Direction**
Every pose has a center of gravity that you draw into with strength and out of which you extend. The sense of direction refers to the subtle movement of your breath. Together, gravity and direction transform the practice into a moving meditation.

Episode 31: **With Each Step I Arrive**
Balancing poses help us to become fully present and focused. A mindful practice is done without the worries, fears, or anxiety that disconnect us from the present, keeping us more centered and better able to balance – to do the beast we can.

Episode 32: **Learning to Take A Leap**
Life can present challenges that demand strength, clarity and wisdom. We can view these challenges as obstacles or as catalysts for growth. This episode incorporates a challenging pose, hanumanasana, that reminds us we need grace and grit in life to take a leap beyond obstacles.

Episode 33: **Open, Steady, and Patient**
In the yoga tradition, we are made up of the five elements: space, earth, water, fire and air. This episode involves poses that focus on three elements - space teaches how to have an open mind, earth teaches steady commitment to a task, and water teaches us how to be patient.

Episode 34: **Becoming Your Best Self**
The practice of yoga encourages a process of refining and, therefore, becoming better at who we are. This episode involves heat and some effort with poses that engage the core, inviting us to experience our most refined and strong self.

Episode 35: **Lather, Rinse, Repeat**
Hatha yoga in its most basic form is the balance between an active body and a quiet mind. This requires the will to keep coming to your mat or cushion with a desire to be the best version of yourself today. In this episode, repetition reminds us to practice for practice sake.

Episode 36: **I Like Who I Become When I Try**
Yoga poses can be challenging, just as life is at times. Our practice teaches us how to take a leap when faced with fear or stress, to cultivate mental and physical fortitude. This episode challenges you to reclaim your power and hold a positive attitude.

Episode 37: **Plant a Good Garden**
It is important to put your hands in the Earth, to plant something, prune it, nourish it, watch it thrive, to create beauty. This series of seated twists, like planting a garden, reminds us to take our time and treat ourselves and one another with care, patience, and love.

Episode 38: **From the Complex to the Simple – Chair Yoga**
Chair yoga is a practice that helps us to know ourselves better by clearing the clutter of the mind. As we calm our mind, we can hear an authentic voice within holding the answers to who we are and what we want. Honor your multifaceted, wonderful self.

Episode 39: **The Sweetness of Learning to Let Go – Restorative Yoga**
There may be times when we need to slow down and take extra care in our practice. Restorative yoga is designed to help the body rest and restore with the support of props, so that you can integrate the various aspects of yourself into balanced harmony.