

## **“Yoga in Practice” Season Two Episode Descriptions**

### **Episode 14 – “Our Breath is Our Conversation with the World”**

Focusing on the breath is one of the essential practices of Yoga. Breathing creates a dynamic conversation between ourselves and our surroundings, connecting us to the world. In this episode **Five Point Star** opens us to our breath.

### **Episode 15 – “Your Practice is a Journey”**

Like any journey to unknown places, the practice of yoga changes your experience and your perspective. Approach your practice today as you would any journey...with trust, curiosity, and courage. **Bow Pose** and **Camel** will help us to move into new experiences.

### **Episode 16 – “Nature and the Cycle of Creation”**

When we become aware of nature, we begin to align to its rhythm, its cycles, its pulsations. As a part of nature, we can observe how our energy patterns change with the weather or the seasons. This class will culminate with an energetic pose, **Wild Thing**.

### **Episode 17 – “Find Balance to Find Peace”**

Balance is a juggling act in our bodies and in our daily lives. To find balance in either requires us to embrace a true steadiness at our core. Yoga postures such as **Revolved Warrior II** help us find balance within the asymmetries of the body.

### **Episode 18 – “Finding Your Center”**

When life is chaotic we need to find our center to help reestablish balance. In this practice we will use **Triangle** and **Half Moon** to teach us how to strongly plant our legs. By grounding our energy we learn to create inner balance.

### **Episode 19 – “Intention, Knowledge, and Action”**

Practicing yoga brings our heart, mind and body together by setting intention through knowledge and action. This episode unites mind and body with a series of twists - **Standing Rotation**, **Revolved Open Twist**, and the apex pose, **Twisted Sister**.

### **Episode 20 – “Transforming Fear into Joy”**

Fear can be useful. It keeps us safe in uncertain situations, but it can just as easily block us from living fully. Through our sense of wonder, like a child, we can learn to embrace any circumstance. The arm balance called **Crow** can help us face our fears.

### **Episode 21 – “The Dance of Confidence”**

This class reminds us to dance with life however it may unfold, and embrace the cycle of life in all its beauty, challenges and mystery. The apex pose, **Baby Dancer**, helps us to slowly open while maintaining balance and beauty.

### **Episode 22 – “Cultivate Self-Respect”**

Yoga reminds us to feel an inner dignity and to cultivate self-respect. One frequently practiced yoga pose, beautiful in its shape, is **Pigeon Pose**. How wonderful that a common bird like a pigeon can be so beautiful and filled with inner grace.

### **Episode 23 – “Allow Yourself to Soar”**

A well-known teaching from yogic philosophy invites us into a practice where “the posture is steady and at ease.” The practice of any posture should be nourishing and revealing...the body toned and the mind tuned. In today’s class we work toward steady ease with a balance pose, **Eagle**.

### **Episode 24 – “Become an Able Vessel”**

It is our responsibility to support the beauty of the world. We support beauty by being true to ourselves. This requires a sweet discipline...to show up fully day to day, year to year. Start by being present in your practice today as we practice **Full Wheel**.

Episode 25 – “The Inner Fire of Transformation”

During your yoga practice you build heat. It is ignited by your desire to become the best version of yourself through the work of your body and your mind. Today we will practice a hip opener called **Fire Log** to remind us to stoke this inner heat.

Episode 26 – “Honor Your Inner Beauty”

There is a beauty and elegance in yoga. It encourages us to honor our bodies as sacred spaces. There are certain postures that are truly beautiful. Let's practice some of these today, a series of **kneeling and seated poses**.