

Brianna Bedigian

Healing Yoga Practice accompanied by Cellist Kristin Ostling

Step-By-Step Instructions

Disclaimer:

Not all exercise is suitable for everyone. As with any exercise program if you feel discomfort you should stop immediately. You are responsible for exercising within your personal limits. Brianna Bedigian is not responsible for any injuries that may result from any exercises/postures shown in this video or described below.

Constructed Relaxation

Start by lying on your back.

Bend your knees and place the soles of your feet on the ground.

Feet should be spaced hips distance apart (be mindful with this alignment).

Toes should be going straight ahead (be mindful with this alignment).

Turn your palms up at your side.

Begin to breathe deeply and stay present with your breath.

Supported Bridge*

Start by lying on your back.

Begin to breathe deep into your belly.

Bend your knees and place the soles of your feet on the ground.

Push down through the feet and lift your bottom up.

Place the block on the lowest setting directly under your bottom.

Rest your bottom on the block.**

Breathe deeply for three minutes.

*You will need a yoga block for this pose.

**The block should not touch or pinch your back. - If it does move it closer to your feet.

Reclined Bound Angle*

Start by lying down on your back.

Begin to breathe deep into your belly.

Bend your knees and place the soles of your feet on the ground.

Begin to allow your knees to fall out wide (left knee to the left, right knee to the right).

As the knees fall outward bring the soles of the feet together.

Turn your palms up.

Breathe deeply for three minutes.

*If this stretch is too intense place blocks under each knee.

Gentle Twist

Start by lying on your back.

Begin to breathe deep into your belly.

Bend your knees and place the soles of your feet on the ground.

Move your arms to a “T” position, palms down.

With your exhale allow your bent knees to simply fall to the right.

Turn your head to the left.

Take ten deep breaths.

With your inhale allow the soles of your feet to come the ground and let your knees move to center.

Repeat on the left.