



Wring It Out: Curvy Yoga for the Holidays (or Anytime!)

- *Description:* I don't know about you, but this time of year (close enough to the holidays to start getting panicky but far enough away that I'm not yet packing my suitcase) is one where I need extra doses of self-care. In this class, we're going to focus on twists--wringing out stress and making extra space in our bodies and hearts for love.
- *Props needed:* Yoga mat, 2 blocks (or their approximations) and a wall
- *Audio Podcast:* [Click here](#) (All the specific instructions are here.)
- *Video Instruction:* [Click here](#) (Visuals for a few of the key poses are here.)
- *Disclaimer:* It is advised that you consult a doctor before beginning any yoga or exercise routine.

Sequence:

Note: This sequence is intended to show you which poses we do in what order. Specific instructions are included in the audio podcast. Visual examples of the highlighted poses are included in the accompanying video.

- Begin lying down
- Windshield wiper knees
 - Repeat while lifting one hip
 - Repeat while lifting hip and bringing opposite arm overhead
- Hug knees in and wave arms and legs
- Moving reclined twist
- Slowly come up to seated
- R ear to R shoulder. R hand to L shoulder: press gently back. Repeat other side.
- Twist with shoulder wings
- Gentle twist to both sides
 - Do again, this time holding thighs down to feel action of rooting
- Come to standing
- Forward fold, walking side-to-side with block
- Come to wall: lunge → side stretch
- Stand perpendicular to wall: bring hands to it and twist.
 - Do again, Focus on pressing feet down
 - Do again, and sit down into opposite side
- Puppy with wall
 - Wiggle out spine
- Chair → Arms overhead → Twisting one side → Forward fold → Chair → Arms overhead → Twisting other side → Urdvha Hastasana → Tadasana
- Come to seated
- Hip circles

- Bring back to wall and sit cross-legged
- Rooting visualization
- Move forward away from wall: re-establish sit bones
- Gentle twist both sides
- Marichyasana, with arms both ways
- Janu legs and twist over extended leg, both sides
- WL fwd bend
- Come to lying down: Savasana