#6 CARDIOPULMONARY SYSTEM: Power Cardio Yoga Flow Transcript

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Introduction to Cardio-Pulmonary Yoga

Lion's Breath Technique

Warm-Up and Sun Salutations

Standing Flow: Warrior Sequence

Cardio Drills and Yogi Burpees

Core Work and Cooldown

[Music] hello I'm Dr Mariella wood and I'm a board certified family physician and certified yoga teacher and welcome back to day six of your body systems yoga series for full body health today we're going to be focusing on the cardiac and the pulmonary system so the cardiac system involves our heart in all of our blood vessels Our arteries our veins and all the capillaries and then our lungs which are intimately connected with this system so as we breathe in oxygen it gets transported from the blood vessels and delivers oxygen all over to the rest of our body then we create a byproduct called carbon dioxide that's traveled up through the veins back to the lungs where we release it out through the air so needless to say this is a very important system you need oxygen for every single thing that every single cell in your body does so in today's flow we're going to be getting our heart rate up doing some cardio and also working on some breath work as well so we talked about the importance of strength training in our first day and now let me tell you some of the benefits of cardiac training so you really do need both so while strength training can help boost your metabolism stimulate your muscles build strength and stability cardiac training is really great for lowering your cholesterol and lowering your blood pressure and it just helps get blood flowing all over your body which is great for virtually everything so we'll get our heart rate up today and then our special focus is going to be Lion's breath so we've covered two other types of breath work in the series so far so on day four when we talked about the endocrine and autonomic nervous system we focused on the ujjayi breath which helps induce that parasympathetic response in our body on day six we focused on diaphragmatic breathing or belly breathing to help stimulate lymphatic drainage all throughout our body today we're going to be learning a lion's breath technique so this breathing technique helps increase your lung capacity and it also stimulates the throat chakra so let's go ahead and learn that technique and I'll see you on the mat [Music] all right so today we're going to start off by learning a lion's breast technique fair warning you might look a little bit ridiculous when you do this but it's a really great technique to really increase your lung capacity and activate your throat chakra so to do lion's breast technique you're going to inhale deeply through your nose fill up your lungs as much as you possibly can and then you're going to forcefully and audibly exhale it out your mouth as you stick out your tongue and just release all of that breath out so I'll demonstrate one first and we'll try a couple together so inhale filling up the lungs fully and then exhale do not worry about what you look like just give it a try it does feel really good some people also like to be in a tripod stance like this to really increase your lung capacity and you sort of feel like a lion when you're doing this too so let's try together inhale deeply through the nose fill up your belly fill up your lungs and then stick the tongue out try that one more time inhale fully one more time together inhale fully one more big inhale at the top and then exhale all right release the breath Release Control of everything let's get into our flow so let's start in a neutral tabletop position so once you're here shoulders down and back shoulders stack directly over your wrists your hips stack directly over your knees and we'll start as we always do with a few rounds of cat and cow so inhale to drop the belly gaze up to the sky for cow pose and exhaled around the spine tuck your chin cat pose again inhale around the spine lift your head up to the sky for cow pose exhale around the spine tuck the chin cat pose do that one more time inhaling to drop the belly gaze up to the sky around the spine tuck your chin cat pose inhale to bring yourself back to a neutral tabletop position and then step back into a high plank position from here Rock back and forth along your wrist a little bit this flow is going to be a little bit faster a little bit more fiery so you want to make sure our wrists are nice and warmed up inhale here and then exhale to lift your hips up and back for a downward facing dog pedal out your feet here really feel the stretch in our first downward dog of the flow then find some Stillness on your inhale roll yourself back forward to a high plank position then exhale to bend the knees

scoop your back up and back for a downward facing dog do that a few more times inhale around the spine roll forward over your wrists and exhale to bend the knees exaggerate the hips up and back for a downward facing dog one more time just like that inhale around the spine forward over to your wrists and then exhale to bend the knees send your hips up and back downward facing dog from here we'll warm up with a few sun salutations and then we'll get into our flow so on your next inhale lift your heels bend your knees and then jump Hopper step forward to the top of the mat to meet in the forward fold inhale to lift up to a flat back and then exhale forward fold inhale to sweep your arms up and overhead for tadasana Mountain pose exhale hands to prayer Heart Center inhale to sweep your arms up overhead and then exhale back down forward fold inhale up to a flat back then exhale to plant your hands step your feet back to a high plank inhale to shift your weight forward over your wrists then exhale down through chaturanga dandasana inhale for an upward facing dog or cobra and then exhale to send your hips up and back for a downward facing dog let's take a full deep breath in and out here and we'll go through that one more time so inhale fully fill the belly for the lungs and exhale audibly side out of the mouth on your next inhale lift your heels bend your knees and then jump hop or step forward to the top of the mat for a forward fold inhale for a halfway lift and then exhale back down forward fold inhale to sweep your arms up and overhead for tadasana Mountain pose and then exhale hands to prayer Heart Center inhale to sweep your arms up and overhead once more and then exhale forward fold back down inhale for a halfway lift and then exhale to plant your hands step back into a high plank position inhale to shift your weight forward over your wrists and then exhale down through chaturanga Asana inhale for an upward facing dog or Cobra and then exhale to send your hips up and back for a downward facing dog drop down to your knees for just a moment here we'll take a small break before we get into our flow so how this flow is going to work we're going to go through this flow one time a little bit slower so you can start to learn the movements we'll do it once on each side slow and then we're going to pick up some speed a little bit connecting one breath to one movement and go through this a little bit faster to really get our heart rate up and start to incorporate some of that cardio so whenever you're ready let's all meet an downward facing dog all right let's take a deep clearing breath in and out here before we begin again inhale fill the lungs fill the belly and then outibly exhale side out through the mouth on your next inhale lift your heels bend your knees and then jump Hopper step forward to a forward fold inhale to lift up to a flat back exhale back down forward fold inhale to sweep your arms up overhead for tadasana Mountain pose and then exhale back down forward fold inhale to sweep your arms up for chair pose and we'll stay here for just a moment and then exhale back down forward fold inhale to sweep your arms up and overhead for tadasana Mountain pose once more exhale hands to prayer Heart Center on our next inhale lift your right leg up for Flamingo pose you can keep your hands prepare Heart Center or raise them up to the sky then on your next exhale kick your right foot back for three Warrior three hold here for just a moment inhaling to lift and lengthen a little bit more then exhale to step back into a crescent lunge stay here for a full inhale and exhale inhale to lift and lengthen a little bit more and then exhale to unwind into a Warrior Two position left foot forward we'll take a full deep breath in and out here inhaling as you lift and lengthen and then exhale to bend deeply into that left knee on your next inhale lift up to a star pose and then exhale into goddess pose just feel what the movements feel like here before we do them a little bit faster on our next inhale lift back up to Star and then exhale back to a Warrior Two inhale to reverse rear Warrior and then exhale to cartwheel your hands down to frame the left foot for a runner's lunge inhale to step your left foot back shift your weight forward over your wrists and then exhale down through chaturanga dandasana inhale for an upward facing dog or cobra and then exhale to lift the hips up and back for a downward facing dog all right moving on to the other side now still a little bit slower so we can learn the moves on your next inhale lift your heels bend your knees and then jump hop or step forward to the top of the mat to meet in the forward fold inhale to lift up to a flat back and then exhale forward fold inhale to sweep your arms up and overhead for tadasana Mountain pose and then exhale back down forward fold inhale to lift up to a flat back exhale forward fold on your next inhale sweep your arms up for a chair pose and then exhale forward fold inhale to sweep your arms up and overhead for tadasana Mountain pose and exhale bring your hands to prayer Heart Center on our next inhale lift your arms up to the sky and lift the left leg up now for Flamingo pose and then on your next exhale kick your left foot back for a warrior three position stay here for the inhale lift and lengthen a little bit more and then exhale to lift up back to a crescent lunge lift and lengthen on the next inhale and on the exhale open up into a Warrior Two position right foot pointed towards the top of the mat we'll stay here for a full round of breath inhaling to grow a little bit taller and then exhaling sending bending a little bit deeper into that right knee on your next inhale straighten both legs up for Star position exhale into goddess pose again take a moment here sway side to side thank you on your next inhale lift back up to Star and then exhale Warrior Two inhale to reverse your Warrior and then exhale to cartwheel your hands down to frame the right foot verbena's lunge on your inhale step the right foot back shift your weight forward over your wrists and then exhale down through chaturanga dandasana inhale for an upward facing dog or cobra and then exhale to send your hips up and

back for a downward facing dog all right drop down to your knees for a second here we'll take a small rest then we're going to go through that exact same flow two times on each side so four times total we're not going to take any breaks and we'll be connecting one breath to one movement moving a little bit faster to get our heart rates up all right whenever you're ready let's all mean in a downward facing dog all right inhale to lift your heels bend your knees and then exhale jump up or step forward with the front of the mat inhale for a flat back exhale forward fold inhale to sweep your arms up for tadasana Mountain pose and exhale forward fold inhale to a flat back exhale forward fold inhale to sweep your arms up for a chair and then exhale forward fold inhale to lift all the way up to Mountain pose exhale hands to prayer Heart Center inhale for Flamingo on the right exhale for warrior three inhale for crescent lunge exhale for Warrior Two inhale for Star exhale for goddess inhale for Star exhale for Warrior Two inhale to reverse the warrior and then exhale runner's lunge inhale to step back and go through your chaturanga inhale upward facing dog and then exhale downward facing dog inhale to lift your heels bend your knees and then jump hop step forward to the top of the mat inhale halfway lift exhale forward fold inhale for tadasana Mountain pose and exhale forward fold inhale halfway lift exhale forward fold inhale for chair position and then exhale forward fold inhale halfway lift exhale forward fold inhale to stand up for tadasana Mountain pose and exhale hands to prayer Heart Center inhale left leg high for Flamingo pose and exhale Warrior three inhale to step back into Crescent lunge and then exhale Warrior Two inhale star exhale goddess inhale star exhale Warrior Two inhale to reverse your Warrior and exhale runner's lunge inhale to step back go through your chaturanga inhale for outward facing dog and exhale for downward facing dog all right one more time each side inhale lift your heels bend your knees exhale the jump pop or step forward for a forward fold inhale halfway lift exhale forward fold inhale for tadasana Mountain pose exhale forward fold inhale halfway lift exhale forward fold inhale up for chair exhale forward fold inhale halfway lift fold inhale back up for tadasana Mountain pose X L hands to prayer Heart Center inhale for Flamingo right leg lifts exhale Warrior three inhale for crescent lunge exhale Warrior Two inhale for Star exhale goddess pose inhale for Star exhale Warrior Two inhale to reverse your Warrior exhale to runner's lunge inhale to step back exhale through down through chaturanga inhale upward facing dog and exhale back to downward facing dog inhale to lift your heels bend your knees exhale to the top of the mat forward fold inhale halfway lift exhale forward fold inhale tadasana Mountain pose exhale forward fold inhale halfway lift exhale forward fold inhale up for chair exhale forward fold inhale halfway lift exhale forward fold inhale for tadasana Mountain pose exhale hands repair Heart Center inhale lift up Flamingo left leg and exhale Warrior three inhale back for crescent exhale Warrior Two inhale for Star exhale for goddess inhale for Star exhale Warrior Two inhale reverse re Warrior exhale Runners lunge inhale the step back exhale down through chaturanga inhale upward facing dog and exhale downward facing dog all right go ahead and drop down to your knees for a moment here I hope that got your heart rate up just a little bit stimulating the cardiopulmonary system before we move on to the next part of our flow I want us to come back into an easy seat position catch your breath here for a moment and then let's try that Lion's breath again so we just got our heart pumping breathing a little bit faster now so let's try that braiding technique again here so tripod your hands if that's comfortable for you inhale fully through the nose and then exhale stick out your tongue one more time like that inhale fully through the nose fill up the belly fill up the lungs and then exhale tie it all out great job okay we're going to move on to one more section here I'm calling these drills rather than a yoga flow still definitely doing some yoga movements but it's going to be a little bit faster Pace but a little bit simpler than what we just did so when you're ready let's all stand up bring your legs out wide and then come to an Archer's pose in the back of the mat so from here inhale here and then exhale to bring yourself over to archers to the other side of the mat now as we go through these you can keep your hands repair Heart Center you can stay low as we move back and forth like this you can lift up and go back down for a little bit more heart rate elevation or if you don't have your balance yet you can use the ground and walk yourself over to the other side like so so we're gonna go through 10 on each side so when you're ready let's all meet uh let's all meet at the back of your mat inhale here for one exhale for one inhale for two exhale for two inhale for three exhale for three inhale for four exhale for four inhale for five exhale for five inhale for six exhale for six inhale for seven exhale for seven inhale for eight exhale for eight inhale for nine exhale for nine inhale for ten exhale for ten great come to a wide legged forward fold release it all out catch your breath okay go ahead and tiptoe your feet together stand up and we'll go through two more movements of drills like that different movements though so this time come to the front of your mat so this is what I call Yogi burpees so I'll go through it once so you can learn the movements and then we'll also go through ten at a quicker pace so from here tiptoe your feet out wide to about the length of your mat you're going to inhale lift your arms up exhale squat down into malasana squats inhale to plant your hands jump back into a plank position drop down onto your knees do a chaturanga push-up come up back to your toes jump to molasses squats and stand up so let's try all that one more time together inhale arms up exhale malasana inhale jump back exhale chaturanga push up inhale come back exhale to malasana inhale stand up I think we got it okay let's go so I'll be counting if you want to

follow along with me but also feel free to go at a faster Pace or slower Pace if you need to but try to get through 10 of these and let's begin one two three four five six seven eight nine and ten okay I'm out of breath I hope you guys are too okay we're gonna go through one more set of drills so go ahead and lay down on your mat on your backs okay from here we're going to do Yogi bicycles or just like regular bicycles because we're gonna go pretty fast so I'll just demonstrate here so legs are table top twist to the right twist to the left so we're gonna go through 20 of those 10 on each side so whenever you're ready meet me here and I'll count you off one two three four five six seven eight nine ten eleven twelve thirteen fourteen fifteen sixteen Seventeen eighteen nineteen twenty all right release it all let your legs fall out long and we'll start to cool down here in a minute so Just Surrender here catch your breath feel the heart feel your heart pumping beneath your chest all right I'm ready go ahead and pull your right knee into the chest rock it back and forth just a little bit here and we'll go into supine spinal twist bringing your right knee over to the left side of your mat extend your right leg your right arm out long just release and surrender here continue to catch your breath all right go ahead and pull that right knee in plant your left foot on the grounds and take your right ankle and place it on top of your left knee first you find figure four pull that left knee into your chest and rock back and forth or find some Stillness really stretch out that right eye T right outer hip all right release your legs switching to the other side extend your right leg out long pull your left knee into your chest give it a squeeze rock back and forth a little bit then send your left knee over to the right side of the mat extend your left arm out long and Just Surrender in this nice easy twist all right go ahead and pull that left knee back into your chest plant your right foot down the mat bring your left ankle to the right knee and then grab for that right knee pull it in or supine figure four can rock back and forth or find some Stillness all right go ahead and release your legs and we'll find a happy baby so again grab four thighs shins feet wherever you're grabbing make sure that your lower back and your tailbone is pressed firmly into the floor firmly into the floor just rock back and forth here find this nice hip opener start to feel your body cooling down calming down after that fast pace flow that we did when you're ready squeeze both knees into your chest squeeze tightly into a little ball as tight as you can then release everything out long the lacks into shavasana let your legs play out to the sides arms out to the sides release everything into this final resting pose if you'd like to stay in shavasana for a longer time you can feel free to pause the video here if not I will guide you out in a minute or two so just fully surrender it'll guide you out when we're ready all right start to bring some movement back into your body wiggle your finger fingers and your toes roll your wrists take body stretch we roll over onto one side and then the other then whenever you're ready let's all meet up in a seated position once you've arrived here place your hands at prayer Heart Center and bring your thumbs to your third eye blight in me honors the light inside each and all of you namaste [Music]