

WEBVTT

NOTE duration:"00:11:33.6000000"

NOTE language:en-us

NOTE Confidence: 0.788229177395502

00:00:02.990 --> 00:00:07.154 Hello, my name is Ellen. Yes, any.

NOTE Confidence: 0.788229177395502

00:00:07.154 --> 00:00:11.452 And I work in the Department of

NOTE Confidence: 0.788229177395502

00:00:11.452 --> 00:00:14.838 Integrative Medicine at Smilow Heathrow.

NOTE Confidence: 0.788229177395502

00:00:14.840 --> 00:00:18.182 They smile. Thank you for joining

NOTE Confidence: 0.788229177395502

00:00:18.182 --> 00:00:21.919 me today for a little yoga.

NOTE Confidence: 0.788229177395502

00:00:21.920 --> 00:00:26.018 It asks you. Sing Poker Yoga.

NOTE Confidence: 0.788229177395502

00:00:26.020 --> 00:00:30.010 To begin, notice your breath.

NOTE Confidence: 0.788229177395502

00:00:30.010 --> 00:00:33.378 I'm inside. Yes, Young.

NOTE Confidence: 0.788229177395502

00:00:33.378 --> 00:00:35.904 Notice your inhale.

NOTE Confidence: 0.788229177395502

00:00:35.910 --> 00:00:38.574 Notepad between Alice Young.

NOTE Confidence: 0.788229177395502

00:00:38.574 --> 00:00:41.238 And notice your Exhale.

NOTE Confidence: 0.788229177395502

00:00:41.240 --> 00:00:43.920 In order to Excelsior.

NOTE Confidence: 0.788229177395502

00:00:43.920 --> 00:00:47.287 As you continue deep in your inhale.

NOTE Confidence: 0.788229177395502

00:00:47.290 --> 00:00:49.002 Intricate Continuum

NOTE Confidence: 0.788229177395502  
00:00:49.002 --> 00:00:51.570 Profundamente into analysis.  
NOTE Confidence: 0.788229177395502  
00:00:51.570 --> 00:00:56.414 And as you exhale, extend your Exhale.  
NOTE Confidence: 0.788229177395502  
00:00:56.420 --> 00:00:59.650 If they six Orlando tractor.  
NOTE Confidence: 0.788229177395502  
00:00:59.650 --> 00:01:05.119 Alexia. Inhale. In Allah.  
NOTE Confidence: 0.788229177395502  
00:01:05.120 --> 00:01:06.518 Exhale.  
NOTE Confidence: 0.788229177395502  
00:01:06.518 --> 00:01:07.916 Excel.  
NOTE Confidence: 0.788229177395502  
00:01:07.916 --> 00:01:12.110 Three more times.  
NOTE Confidence: 0.700685799121856  
00:01:14.680 --> 00:01:19.084 Feel your body relax.  
NOTE Confidence: 0.700685799121856  
00:01:19.084 --> 00:01:24.589 Siente Como Tu Cuerpo Sarella?  
NOTE Confidence: 0.813273906707764  
00:01:26.610 --> 00:01:33.050 Begin to drop your chin toward your chest.  
NOTE Confidence: 0.813273906707764  
00:01:33.050 --> 00:01:36.980 A heartwarming to Azure two page.  
NOTE Confidence: 0.813273906707764  
00:01:36.980 --> 00:01:40.908 And then roll your head to one side.  
NOTE Confidence: 0.813273906707764  
00:01:40.910 --> 00:01:43.811 Boy here too.  
NOTE Confidence: 0.813273906707764  
00:01:43.811 --> 00:01:47.679 Roll your head forward.  
NOTE Confidence: 0.813273906707764  
00:01:47.680 --> 00:01:50.530 Draw tattoo Covey Sassier Allante.  
NOTE Confidence: 0.813273906707764

00:01:50.530 --> 00:01:56.610 N roll to the other side, he wrote.  
NOTE Confidence: 0.813273906707764

00:01:56.610 --> 00:02:00.330 Continue side to side continually.  
NOTE Confidence: 0.813273906707764

00:02:00.330 --> 00:02:01.812 Only allow.  
NOTE Confidence: 0.813273906707764

00:02:01.812 --> 00:02:05.517 And make sure your breathing.  
NOTE Confidence: 0.813273906707764

00:02:05.520 --> 00:02:06.670 Experian.  
NOTE Confidence: 0.853922605514526

00:02:09.030 --> 00:02:13.596 Notice any stiffness in your neck.  
NOTE Confidence: 0.853922605514526

00:02:13.600 --> 00:02:20.238 Into Quail and be gentle. He is actually.  
NOTE Confidence: 0.85712730884552

00:02:23.490 --> 00:02:27.180 And finish come to center.  
NOTE Confidence: 0.85712730884552

00:02:27.180 --> 00:02:30.274 Tell me not. You will run Central.  
NOTE Confidence: 0.85712730884552

00:02:30.280 --> 00:02:34.426 Now begin to lift your arms.  
NOTE Confidence: 0.85712730884552

00:02:34.430 --> 00:02:38.120 Our documents. And then lower.  
NOTE Confidence: 0.85712730884552

00:02:38.120 --> 00:02:42.220 Yamaha gross Lift again.  
NOTE Confidence: 0.85712730884552

00:02:42.220 --> 00:02:45.470 Call Travis And lower.  
NOTE Confidence: 0.85712730884552

00:02:45.470 --> 00:02:47.870 You almost never had.  
NOTE Confidence: 0.85712730884552

00:02:47.870 --> 00:02:53.366 Now lift an inhale. Every night.  
NOTE Confidence: 0.85712730884552

00:02:53.370 --> 00:03:02.072 Loharan Exhale. XLS Lift an inhale.

NOTE Confidence: 0.85712730884552  
00:03:02.072 --> 00:03:06.488 Hello. Lower and Exhale.  
NOTE Confidence: 0.85712730884552  
00:03:06.490 --> 00:03:10.850 XLS One more time, lift an in app  
NOTE Confidence: 0.85712730884552  
00:03:10.850 --> 00:03:15.720 or an obvious must levanta anal.  
NOTE Confidence: 0.85712730884552  
00:03:15.720 --> 00:03:22.968 Sale, Bahamas it's alarms. Inhale lift.  
NOTE Confidence: 0.85712730884552  
00:03:22.970 --> 00:03:27.760 He nallavan to exhale lower.  
NOTE Confidence: 0.85712730884552  
00:03:27.760 --> 00:03:31.390 Wow and pause for a moment.  
NOTE Confidence: 0.85712730884552  
00:03:31.390 --> 00:03:34.330 He bounced up at the moment.  
NOTE Confidence: 0.85712730884552  
00:03:34.330 --> 00:03:37.774 Come to the front of your chair.  
NOTE Confidence: 0.85712730884552  
00:03:37.780 --> 00:03:41.497 They Osceola Parkway DeLand ready to see.  
NOTE Confidence: 0.85712730884552  
00:03:41.500 --> 00:03:44.668 Began to lean forward and lift your chin.  
NOTE Confidence: 0.85712730884552  
00:03:44.670 --> 00:03:46.234 You want more homicide?  
NOTE Confidence: 0.85712730884552  
00:03:46.234 --> 00:03:47.407 Borderline Pinas Young.  
NOTE Confidence: 0.85712730884552  
00:03:47.410 --> 00:03:51.140 Actually, Lanta 11. Tattoo Mentone.  
NOTE Confidence: 0.85712730884552  
00:03:51.140 --> 00:04:00.579 Settle back an round your spine. He do blood.  
NOTE Confidence: 0.85712730884552  
00:04:00.580 --> 00:04:06.348 Inhale forward, lift your chin in Alameda.  
NOTE Confidence: 0.85712730884552

00:04:06.350 --> 00:04:09.650 Live entertainment one.  
NOTE Confidence: 0.85712730884552

00:04:09.650 --> 00:04:12.950 Exhale. Settle back.  
NOTE Confidence: 0.85712730884552

00:04:12.950 --> 00:04:18.680 Two more times inhale forward.  
NOTE Confidence: 0.85712730884552

00:04:18.680 --> 00:04:25.838 In Alaska, Villanti Back excels address.  
NOTE Confidence: 0.85712730884552

00:04:25.840 --> 00:04:28.790 One more time inhale forward.  
NOTE Confidence: 0.85712730884552

00:04:28.790 --> 00:04:32.816 Well, now is Marcin Alessia relented.  
NOTE Confidence: 0.85712730884552

00:04:32.820 --> 00:04:37.308 Back in Excel's address.  
NOTE Confidence: 0.85712730884552

00:04:37.310 --> 00:04:39.770 And then pause for a moment.  
NOTE Confidence: 0.85712730884552

00:04:39.770 --> 00:04:45.010 Look with both supplemento.  
NOTE Confidence: 0.85712730884552

00:04:45.010 --> 00:04:52.870 Now begin to make little circles.  
NOTE Confidence: 0.85712730884552

00:04:52.870 --> 00:04:54.638 Interstate or not speaking,  
NOTE Confidence: 0.85712730884552

00:04:54.638 --> 00:04:55.964 you still clueless.  
NOTE Confidence: 0.85712730884552

00:04:55.970 --> 00:04:58.628 This is like a hula hoop.  
NOTE Confidence: 0.85712730884552

00:04:58.630 --> 00:05:00.790 It's a stark on Hula Hoop.  
NOTE Confidence: 0.92087596654892

00:05:03.030 --> 00:05:06.030 And notice if your breathing.  
NOTE Confidence: 0.92087596654892

00:05:06.030 --> 00:05:09.038 Enotah sister happy land.

NOTE Confidence: 0.92087596654892  
00:05:09.040 --> 00:05:11.428 Notice your lower back.  
NOTE Confidence: 0.92087596654892  
00:05:11.428 --> 00:05:16.100 Static went away to parting for your dad.  
NOTE Confidence: 0.92087596654892  
00:05:16.100 --> 00:05:21.930 And now change directions. Excel.  
NOTE Confidence: 0.92087596654892  
00:05:21.930 --> 00:05:26.039 The circle can be large or small.  
NOTE Confidence: 0.92087596654892  
00:05:26.040 --> 00:05:29.808 Cool. On this.  
NOTE Confidence: 0.92087596654892  
00:05:29.810 --> 00:05:32.290 And notice if your breathing.  
NOTE Confidence: 0.92087596654892  
00:05:32.290 --> 00:05:34.090 In older sisters recipe dangle.  
NOTE Confidence: 0.785704970359802  
00:05:37.450 --> 00:05:40.700 And then come to center.  
NOTE Confidence: 0.785704970359802  
00:05:40.700 --> 00:05:45.068 The boy will well central to Matthew momento.  
NOTE Confidence: 0.785704970359802  
00:05:45.070 --> 00:05:49.235 Cross your left leg over your right.  
NOTE Confidence: 0.785704970359802  
00:05:49.240 --> 00:05:54.588 You're not very. And then place your  
NOTE Confidence: 0.785704970359802  
00:05:54.588 --> 00:05:59.970 right hand over your left leg equal.  
NOTE Confidence: 0.785704970359802  
00:05:59.970 --> 00:06:04.356 Sorry to hear my scared when  
NOTE Confidence: 0.785704970359802  
00:06:04.356 --> 00:06:08.580 you inhale lift cuando Levanto.  
NOTE Confidence: 0.785704970359802  
00:06:08.580 --> 00:06:12.350 And when you exhale, twist.  
NOTE Confidence: 0.785704970359802

00:06:12.350 --> 00:06:18.489 Sally's dot here. Come back to center.  
NOTE Confidence: 0.785704970359802

00:06:18.490 --> 00:06:24.028 In her left. He nallavan to.  
NOTE Confidence: 0.785704970359802

00:06:24.030 --> 00:06:30.710 Exhale twist. Here. Be gentle.  
NOTE Confidence: 0.785704970359802

00:06:30.710 --> 00:06:34.520 Say Swabi. Come back to center.  
NOTE Confidence: 0.785704970359802

00:06:34.520 --> 00:06:38.310 Wilson, through one more time.  
NOTE Confidence: 0.785704970359802

00:06:38.310 --> 00:06:41.630 Or not this mass.  
NOTE Confidence: 0.785704970359802

00:06:41.630 --> 00:06:44.154 Inhale lift. Yeah.  
NOTE Confidence: 0.785704970359802

00:06:44.154 --> 00:06:47.610 Exhale twist Exceller here.  
NOTE Confidence: 0.739153643449148

00:06:50.020 --> 00:06:53.260 Make sure your breathing.  
NOTE Confidence: 0.739153643449148

00:06:53.260 --> 00:06:57.340 That's rectangle. And then release.  
NOTE Confidence: 0.739153643449148

00:06:57.340 --> 00:07:02.988 Penis cancer Now place right leg over left.  
NOTE Confidence: 0.739153643449148

00:07:02.990 --> 00:07:05.612 Atwo pier now.  
NOTE Confidence: 0.739153643449148

00:07:05.612 --> 00:07:10.856 Left hand comes over right leg.  
NOTE Confidence: 0.739153643449148

00:07:10.860 --> 00:07:14.430 Scared about sorry ehllapi an average.  
NOTE Confidence: 0.739153643449148

00:07:14.430 --> 00:07:17.502 On your inhale, lift.  
NOTE Confidence: 0.739153643449148

00:07:17.502 --> 00:07:19.806 Into analysing Levant.

NOTE Confidence: 0.739153643449148  
00:07:19.810 --> 00:07:22.402 Exhale and twist.  
NOTE Confidence: 0.739153643449148  
00:07:22.402 --> 00:07:27.586 He does make sure your breathing.  
NOTE Confidence: 0.739153643449148  
00:07:27.590 --> 00:07:32.000 Text Wifey down. Come back to center.  
NOTE Confidence: 0.739153643449148  
00:07:32.000 --> 00:07:37.420 Uh-huh Inhale lift he now.  
NOTE Confidence: 0.739153643449148  
00:07:37.420 --> 00:07:39.156 Exhale twist.  
NOTE Confidence: 0.739153643449148  
00:07:39.156 --> 00:07:42.628 Make sure your breathing.  
NOTE Confidence: 0.739153643449148  
00:07:42.630 --> 00:07:46.704 I say what I think is that.  
NOTE Confidence: 0.739153643449148  
00:07:46.710 --> 00:07:50.196 An release come back to center.  
NOTE Confidence: 0.739153643449148  
00:07:50.200 --> 00:07:52.620 Discount say boy well central.  
NOTE Confidence: 0.739153643449148  
00:07:52.620 --> 00:07:56.690 One more time lift inhale.  
NOTE Confidence: 0.739153643449148  
00:07:56.690 --> 00:08:01.496 Smart Levanta in Allah and Twist,  
NOTE Confidence: 0.739153643449148  
00:08:01.500 --> 00:08:02.155 Exhale.  
NOTE Confidence: 0.739153643449148  
00:08:02.155 --> 00:08:02.810 Dallas.  
NOTE Confidence: 0.805967032909393  
00:08:07.310 --> 00:08:09.954 Come back to center.  
NOTE Confidence: 0.805967032909393  
00:08:09.954 --> 00:08:12.133 Ann Release. Cancel.  
NOTE Confidence: 0.805967032909393



00:08:12.133 --> 00:08:16.398 Sit back in your chair.  
NOTE Confidence: 0.805967032909393

00:08:16.400 --> 00:08:22.196 To see you. Hands on your legs.  
NOTE Confidence: 0.805967032909393

00:08:22.200 --> 00:08:29.116 Weirdness. Take 3 deep inhales  
NOTE Confidence: 0.805967032909393

00:08:29.116 --> 00:08:33.536 and exhales he tomate wrist.  
NOTE Confidence: 0.805967032909393

00:08:33.540 --> 00:08:36.900 Eat dress for folders accelerations.  
NOTE Confidence: 0.805967032909393

00:08:36.900 --> 00:08:41.740 Smooth even continuous breathing.  
NOTE Confidence: 0.805967032909393

00:08:41.740 --> 00:08:44.160 We continue.  
NOTE Confidence: 0.718484674181257

00:08:47.640 --> 00:08:50.284 Now close your eyes.  
NOTE Confidence: 0.718484674181257

00:08:50.284 --> 00:08:52.267 Our serato sauce.  
NOTE Confidence: 0.718484674181257

00:08:52.270 --> 00:08:54.472 Continue to breathe.  
NOTE Confidence: 0.718484674181257

00:08:54.472 --> 00:08:57.408 He continued to reputation.  
NOTE Confidence: 0.718484674181257

00:08:57.410 --> 00:08:59.294 Notice your inhale.  
NOTE Confidence: 0.718484674181257

00:08:59.294 --> 00:09:02.434 That equates to between allasio.  
NOTE Confidence: 0.718484674181257

00:09:02.440 --> 00:09:04.948 Notice your Exhale.  
NOTE Confidence: 0.718484674181257

00:09:04.948 --> 00:09:06.620 Miss you.  
NOTE Confidence: 0.718484674181257

00:09:06.620 --> 00:09:07.936 Please continue.

NOTE Confidence: 0.718484674181257  
00:09:07.936 --> 00:09:09.910 Of our continual.  
NOTE Confidence: 0.875043570995331  
00:09:13.350 --> 00:09:18.760 Deep inhale. When Alusian profound.  
NOTE Confidence: 0.875043570995331  
00:09:18.760 --> 00:09:22.960 Make your exhale a little longer.  
NOTE Confidence: 0.875043570995331  
00:09:22.960 --> 00:09:31.120 Deep inhale. When I know a simple sound.  
NOTE Confidence: 0.875043570995331  
00:09:31.120 --> 00:09:32.374 Longer Exhale.  
NOTE Confidence: 0.875043570995331  
00:09:32.374 --> 00:09:36.136 No, next Silas Young must lag.  
NOTE Confidence: 0.875043570995331  
00:09:36.140 --> 00:09:39.500 Two or three more times.  
NOTE Confidence: 0.875043570995331  
00:09:39.500 --> 00:09:42.308 Go someplace faces Mass.  
NOTE Confidence: 0.875043570995331  
00:09:42.310 --> 00:09:45.734 Practicing a quiet breath.  
NOTE Confidence: 0.875043570995331  
00:09:45.734 --> 00:09:49.610 Then we'll have practical. Yeah.  
NOTE Confidence: 0.56070601940155  
00:09:53.900 --> 00:10:02.210 Quiet breath.  
NOTE Confidence: 0.45106965303421  
00:10:02.210 --> 00:10:07.620 Trepidation comma. Quiet mind.  
NOTE Confidence: 0.45106965303421  
00:10:07.620 --> 00:10:14.520 Main Tacoma. Two or three more breaths.  
NOTE Confidence: 0.45106965303421  
00:10:14.520 --> 00:10:16.948 Those addressed must respirations  
NOTE Confidence: 0.942942500114441  
00:10:23.600 --> 00:10:27.176 Take a moment to sit quietly.  
NOTE Confidence: 0.942942500114441

00:10:27.180 --> 00:10:31.440 Do not do momentous impractical Mommy.

NOTE Confidence: 0.942942500114441

00:10:31.440 --> 00:10:33.183 Notice your body.

NOTE Confidence: 0.942942500114441

00:10:33.183 --> 00:10:36.088 The trick wintery to cuerpo.

NOTE Confidence: 0.942942500114441

00:10:36.090 --> 00:10:40.160 Perhaps a little more relaxed.

NOTE Confidence: 0.942942500114441

00:10:40.160 --> 00:10:42.539 Don't matter how.

NOTE Confidence: 0.942942500114441

00:10:42.540 --> 00:10:45.069 Notice your breath.

NOTE Confidence: 0.942942500114441

00:10:45.070 --> 00:10:47.538 Say consented to reputation.

NOTE Confidence: 0.942942500114441

00:10:47.538 --> 00:10:50.006 Maybe a little smoother.

NOTE Confidence: 0.942942500114441

00:10:50.010 --> 00:10:53.090 I reckon pokito mas Wally.

NOTE Confidence: 0.942942500114441

00:10:53.090 --> 00:10:55.122 And notice your mind.

NOTE Confidence: 0.942942500114441

00:10:55.122 --> 00:10:57.662 You gotta quintale to maintain.

NOTE Confidence: 0.942942500114441

00:10:57.670 --> 00:11:01.400 Perhaps a little more tranquil.

NOTE Confidence: 0.942942500114441

00:11:01.400 --> 00:11:03.048 Pokito mas tank here.

NOTE Confidence: 0.907599866390228

00:11:09.380 --> 00:11:11.900 Begin to open your eyes.

NOTE Confidence: 0.907599866390228

00:11:11.900 --> 00:11:13.610 Come inside this old house.

NOTE Confidence: 0.873533248901367

00:11:16.320 --> 00:11:19.211 Bring your hands to rest in front

NOTE Confidence: 0.873533248901367

00:11:19.211 --> 00:11:22.079 of your heart. That's so sad.

NOTE Confidence: 0.873533248901367

00:11:22.079 --> 00:11:25.337 Is cancer and friendly to correspond?

NOTE Confidence: 0.873533248901367

00:11:25.340 --> 00:11:29.050 And thank you for joining me today.

NOTE Confidence: 0.873533248901367

00:11:29.050 --> 00:11:30.090 Michael McCoy