

7 Days of Yoga (with Adriene) #YWA

A quick review for how awesome yoga can be in your life. I am a dedicated yogi and now practice daily. (May 2019)

(December 2017)

I decided to complete a 7 day Yoga reset after moving from Austin, TX to East Texas. I wanted to challenge myself to reconnect to my body once after making sure a huge move. I left Austin after living there 12 years, to return to my hometown for many reasons:

- To slow down
- To reconnect with myself
- To reconnect with family and help my pregnant sister
- To cut costs (two houses vs one)

I decided the best way to reconnect with the area would be to reconnect with myself first. I am going to do a yoga program, pulled from the [Youtube Channel: Yoga with Adriene](#). I decided that I would pick a video daily and choose the ones that spoke to me based on my mindset or emotion that day.

Day 1: [Yoga for Weightloss and Love](#)

On my first day, I just scrolled through the [YWA](#) channel and found a video that was a good length and spoke to my heart. I picked the “Yoga for Weightloss: Love Yoga Flow” Video because I hadn’t worked out in a week (besides moving and packing) and I needed to feel the Love, so it seemed like the best video for me at the moment. I knew yoga would be a great way to stretch my legs after a weekend of moving and riding in a car for hours. After starting the breathing and stretching with Adriene, I immediately remembered why I love yoga and silently scolded myself for not doing more. I was immediately excited to see how my mind and body would feel after 7 days in a row.

I was able to do all the variations and challenges in the sequences, although I could definitely feel the burn towards the end as my limbs began to shake as I moved through each asana. I really appreciated how Addrience encourages the yogi to find their own breath and movement between asanas(yoga posture). The focus on breath and movement in Vinyasa Yoga is key during the video. I was very happy with the entire and proud of myself for my ability to ground and stay focused during the program. I realised after finishing this video that I was actually stronger in my core and in my asanas that I was aware. It was really validating.

2nd Day: [Total Body Deep Stretch Yoga](#)

On the 2nd Day, I wanted to do a fuller and longer practice to check out the variety of the YWA videos. After completing the “Total Body Deep Stretch Yoga” Video, I can feel the stretch all over my body, especially in the upper thighs (my hamis). This video was great. I really appreciate Adrienne’s communication style during her videos. Connecting to breath really is

essential in Vinyasa Yoga and is important as the positions themselves. Connection to breath is so exhilarating when you are in a deep stretch and the sound and sensation of your own breath is the deciding factor of your perseverance in the asana (posture).

Day 3: [Yoga for Weightloss: 40 Minute Fat Burning Yoga Workout](#)

I am feeling strong today and not sore. My thighs feel solid from yesterday's stretching and I slept very well last night. Today I chose a program that focuses fat burning and strengthening. This sequence was the most challenging I have done of the three and I loved it. It was a great workout for your core and your arms. There are a lot of plank moves and core activating moves that challenged me to find my center and hold strong until the end of the sequence. This was the first time I broke an actual sweat and was begging myself (internally) to release the position. I am so happy with how I already feel. Yoga....I forgot how much we got along!

Day 4: [Power Yoga Break:](#)

Today has been an interesting day. It is Saturday and I was not able to do yoga around noon during the day like I have been the previous three days. I had two visitors drop in gratefully and unexpectedly today and I find myself at 6pm, searching for my daily yoga program for day 4 of my 7 day Yoga Reset. I am under a time crunch today and will be doing a shorter (hopefully just as intense) program today with Adriene.

This video was awesome. I think this was the hardest routine I have done in the last four days and it took half the time. I was looking for a fast, effective workout and to check-in with myself and that's exactly what I got. *I am beyond pleased with this workout.* I really enjoyed it and I like the intensity of it mixed with the ability to still find your breath and center after each difficult sequence.

[Power Yoga Break](#) is a video that I highly recommend this one if you find yourself crunched for time one day yet still want to get in a yoga workout that activates and engages your whole body. I am pumped and tired at the same time. That's my idea of a workout and it was only 20 minutes so now I can greet and entertain my guest who just seem to keep showing up today. I had two additional visitors arrive during the show up during the last two minutes of Yoga bicycles for the program and I just had to grin and bear it. Cie La Vest! Happy Saturday Yall!

Day 5: [Yoga for Hangovers](#)

I had a Christmas Tree Party last night. I had friends come over to help me decorate my tree, binge on finger foods and s'mores, and enjoy a night by the fire. My body and brain are very sluggish today. I am going to choose a slower, resetting routine to help me flush the toxins from last night's charades out of my system.

I choose to do “Yoga with Hangovers” because it only seemed appropriate. I am forever amazed at my ability to find just the right routine for me each day. I am also amazed I am awake and functioning right now to be honest, so I am excited to do some yoga to help me recharge and reset my body and mind.

This sequence was very slow and deliberate. Adriene gives you great variations to use depending on your level of hangover (lethargy, jetlag, etc) I feel better after doing these asanas (postures). I really enjoyed the headstand and was stoked to see it included. I didn't think I would be able to pull off a successful headstand but I did and it was beneficial as always. It's not something I would normally do hungover although I will start doing that more often.

I followed up the “Yoga with Hangovers” Video with a glass of Ginger-Turmeric Tea and I feel almost back to 100% (maybe 85%ish) I may do another Video later today once I have a nap and break my fast. (Intermittent Fasting is awesome, be sure to check out my experience with IF the blog)

Day 6: [Full Body Awareness- 30 Days of Yoga](#)

On Day Six, (Monday) I am looking for an energetic routine that can wake up my entire body and increase circulation and oxygen supply to my body. This video was great. It helped wake up all the parts of my body from the weekend festivities. I enjoyed the inversions because I love to get my blood flowing to my brain in the morning to help jump start my metabolism and body. This video really worked my arm strength with the Chatarunga Pushups that are optional between each sequence. I needed to work this area and this video was challenging on my upper body and was much appreciated.

Day 7: (December 12th) [Yoga for Strength and Focus](#)

Today is day number 7 and I am feel stronger and more grounded in my own self than I did a week ago. I want to choose a long Video today to complete my 7 day reset. I liked starting the practice with the [Nadi Shodhana](#) , or alternate nostril breathing. I was a little worried I picked a video that might be low key (which would have been fine) however the routine was definitely challenging. I love how Adriene knows how to create a routine that allows you to tailor your own versions of each posture so you can focus your attention to whatever area you may need to engage. (arms, back, strength, breathe, positioning). I recommend this video if you want to reset your body after a long day or before taking a trip. I feel like I picked a great video for me because I wanted to challenge myself the last day and be stretched and ready for tomorrow and my trip to the airport and then flying for hours.

Yoga is amazing and it is beneficial on so many levels. Check out my blog about my vacation yoga and working around my family, friends, hangovers and toddlers. Namaste, My Beloved.
#alltheloveallthetime