

**PNC Women in Business Webcast Series Transcript**

**Virtual Yoga**

**September 18, 2020**

**10:00 a.m. ET**

Beth Karlson:

Hello and welcome to this special PNC Virtual Women in Business Week broadcast. I'm Beth Karlson, a Leader in our PNC Corporate and Institutional Banking Group and a PNC Certified Women Business Advocate.

Today's Women in Business Week programs are focused on self-care. As women, we often tend to put the care and comfort of others ahead of our own. I know this in spades having raised three triplet daughters. But today, more than ever, especially in a virtual environment, it's important to understand that we can't be as effective for others if we don't take care of ourselves first. This virtual yoga program comes to us from Denver, Colorado. As you know, PNC is based in Pittsburgh and has recently expanded into Denver, Portland, Seattle and Phoenix. So, a special welcome to all of our colleagues and clients in the West Coast. We are proud to share the PNC brand and our financial products and services with you.

We look forward to talking to you more about our financial capabilities in the future but, for now, I hope you'll grab your yoga mat and I look forward to spending a few minutes focusing on your health and wellbeing as we're led by Heather Peterson, the Chief Yoga Officer at CorePower in Denver. Enjoy everyone. Thank you.

Heather Peterson

My name is Heather and I'm with CorePower Yoga. I've actually been with CorePower for 17 years and I'm the Chief Yoga Officer currently for CorePower Yoga. So, I am thrilled to be here with you. Let's talk just a little bit about our music. So you can play any music you want and I'll talk just a bit so you can adjust the volume of your music to my voice and then when you're ready, meet me on your mat in child's pose.

Get yourself ready. Everyone joining, it's beautiful. In child's pose, bring your big toes together, open your knees wide, reach your arms way out in front of you and then settle your forehead down onto your mat and your hips onto your heels. Start to breathe and invite the breath. Welcome yourself to your practice, your mat, you made time together today in all the different time zones that we're all in. Maybe rock your head a little side to side to clear your mind and your presence. Feel the texture of your mat underneath your hands and then deepen your breath. Breathe in, feel your belly and your ribs expand and as you breathe out through your nose, feel your core engaged. Push the air out of your lungs. And, again, another deep breath like that in through your nose and out through your nose and remember this position is available; child's pose is available to you at any time. I like to call that warrior 5 in the flow, it's so intelligent to come back and rest and rejuvenate. So feel free to do that.

And let's move on together. Inhale all fours, rise up and then spread your fingers super, super wide on your mat. Spread your fingers wide on your mat so you can, again, feel the texture of your mat and see the color of your mat between your fingers. Inhale cow pose, belly down, head tail rise, open up your heart and then exhale tap pose, push your hands down into your mat to broaden your shoulder blades.

Inhale cow pose, feel the muscles of your spine fire to open your chest and then exhale cat, pull your frontal core up and in to draw your ribs together. One more cycle. Inhale cow, open your hearts and then exhale cat, push the floor away. Good, inhale neutral spine, exhale bird dog pose, or opposite arm leg lift. Extend your right arm forward and your left leg back and then just breathe here for a moment; pause. Isometrically pull your left wrist back and your right knee forward. Okay, this is so good for low back and upper back strain, so many of us on computers so much. Now, lift your arm and leg up, up, exhale, exhale for four, three -- all fours and chew, one. Exhale all fours. Inhale cow pose, belly down again, unglute your spine, exhale cat pose; push the floor and round your back.

Then inhale neutral spine, exhale opposite arm leg on the other side. Extend your right leg back and your left arm forward. And then just breathe here; draw your right wrist back and your left knee forward. That's going to fire your deep inner core. That's the muscles that wrap from your belly button back to your spine; lift your arm and leg. They go up, up, exhale, exhale for four, three, all fours and two and one. Exhale all fours. One more time.

Inhale cow pose, exhale cat the inhale high plank pose. Walk your feet back and then lower your hips down and then isometrically, again, pull both of your wrists back to your toes and your toes towards your wrists and feel that fire, the very center of your core. Your core muscle today is going to unlock so many of our poses, it's going to build strength in your body and extend out to your limbs. Inhale, exhale downward facing dog. Feel free to walk in place. Stretch, open up, good morning everyone wherever you are. Welcome your practice in and then find yourself in downward facing dog.

Unbuckle your knees and draw your tailbone back and up to elongate your spine and your fingers and then claw the floor to push your hands down into the floor and, again, broaden your shoulder blades on your back. Deep breath in. Deep breath out. Inhale, look forward, lift your heels. Exhale forward full. Come to the top of your mat and then broaden your feet at least shoulder widths distance, bend your knees a lot and relax and tumble your torso down. Feel free to sway a little side to side, release any tension in your low back and your neck and just breathe. Feel the support of your thighs on your belly and your chest and just lever everything tumble down. And just let everything tumble down.

Good, now slowly bring your feet underneath your shoulders or together to touch, your choice, whatever feels more stable. Inhale mountain pose, rise all the way up and then exhale standing at attention. Bring your hands to your heart center, gaze at your fingertips or close your eyes. Our intention will be presence; leaning into the present moment but if you need anything else, you need energy, you need health, you need love, expansion, anything add into it, customize your intention. Deep breath in, open mouth exhale. All right, become a conduit of love and light. Inhale love and light into every cell of your body and send it to everyone in your life; family, friends, acquaintances, and now get big. This is for everyone in the world. Inhale love and light in and exhale, send it out. May everyone be happy, healthy, peaceful and free.

Let's -- woo ladies, exhale, release your hands to your side. Inhale mountain pose, extend and reach all the way up. Reach here, get strong. Root your feet down, feel your thigh muscles, lift your kneecaps up. Synch your front ribs in and then reach up taller, inhale breath. Exhale side bend push press. Push your right hand down to the floor and press your left hand against an imaginary wall. Feel that turn on and fire

the sides of your waist. Then inhale mountain pose again; get as long as you can and then exhale side bend push press on your left and, again, feel your left hand press down, right hand press over to a side wall. Good, inhale mountain pose, reach up, exhale baby back bend. Bend your elbows, lift your breastbone up and feel this backbone lift, backbend lift your chest towards the sky.

Good, inhale mountain pose, raise up, exhale forward, fold, hinge from your hips. Inhale high halfway lift. Bring your hands above your knees and onto your thighs. As you breathe here, push your hands gently into your thighs and lift your chest up so that you're in a little bit of a backbend firing the muscles all along your spine. Inhale and exhale high plank post. Step your feet back, lower your hips down. Inhale shift forward an inch. Exhale, lower all the way down onto your mat.

Now, four cobra poses. Inhale cobra pose, lift your chest, exhale, lower down. Inhale cobra pose, push your feet down to lift your heart higher. Exhale, lower down. Two more. Inhale cobra, maybe lift one more rib off the mat and exhale, lower down. The last one, inhale cobra pose, rise up and exhale, lower down. Awesome job everybody. Check your toes. Inhale high plank pose or all fours, yogi [stress], yes. Exhale downward facing dog; so strong everybody.

Inhale, lift your heels and look forward. Exhale forward fold. Floater step to the top of your mat. Inhale high halfway lift, again, high enough that you arch your low back. Good, exhale forward fold. Now, let's do all that again.

Inhale mountain pose, root down, rise up. Exhale side bend, push press. Push down and press to the side wall. Inhale mountain pose, reach, exhale side bend push press over to the left. Yes, inhale mountain pose and exhale baby back bend. Elevate your breast bone, elevate your heart. Inhale mountain pose and exhale forward fold hinge. Fold all the way in. Inhale high, halfway lift, bring your hands above your knees. Exhale high plank pose. One last time. Inhale. Shift forward an inch, exhale lower all the way down. Good, this time, cobra and locust. Hands stay where they are but lift your head and feet. Lift both head and feet up. Inhale cobra locust, exhale lower down. Three more. Inhale cobra locust, backline strong. Exhale, lower down. This is reversing tech body, everybody. Inhale, cobra locust and exhale lower down. Last one. Inhale cobra locust; lift up and exhale lower down. Nice. Tuck your toes or knees. Inhale high plank or all fours. Yes. Exhale downward facing dog. Move it on, inhale, lift your heels and look forward and exhale forward fold. Floater step to the top.

Inhale high halfway lift, arch your back and exhale forward fold hinge. Bring your feet together if they're not already there. Inhale, chair pose, Utkatasana, sit down and back and then breathe here. Notice, are your knees, can you pull them back so that you can see the fronts of your toes? Bend your hips, bend your knees and sit down and back even more. Yes, everyone. I see you. Courtney, awesome. Yes, Carrie, you've got it. Then bring your arms up by your ears. Use the muscles on your back to lift your heart. Inhale breath. Good. Exhale airplane arms. Stay in chair, sit deep and then sweep your arms down and back. Good, root your right leg down everyone. Inhale one leg mountain pose, lift your left leg up to the sky and then exhale standing figure four. Cross your left ankle over your right thigh. Breathe here for a moment. Hinge from your hips. Take your [sit] bones back, flex your left foot including your pinky toes. Pull them up towards your shin. Amazing.

Inhale, one leg mountain pose, rise up, stomp down through your right legs; squeeze your right side butt. Good. Exhale chair [plane] pose. Airplane arms in chair.

Good, now root your left leg down. Inhale, one leg mountain pose, rise up, start to feel it. Exhale standing figure four, cross your right ankle over your left thigh. And, again, pause here for a moment. Hinge at your hips. Take your sit bones back and actively flex your right foot. Your pinky toe pulls up towards your shin to protect your knee. Lovely everyone. Inhale one leg mountain pose, rise up, good. Exhale chair plane pose.

We're moving on. Inhale mountain pose, maybe bring your palms together, drape your head back, arch your mountain. Exhale forward fold. Inhale high halfway lift. Bring your hands above your thighs and exhale high to low plank. First one, step back or jump back. Draw your elbows into your ribs, feel free to come to your knees. Inhale upward facing dog. Roll over your toes, press into the tops of your feet and arms straight, draw your shoulders together, exhale downward facing dog. Draw your hips up and back. Good, inhale. Down dog kick. Lift your right leg to the sky. Exhale knee to your nose, engage your frontal core. Inhale down dog kick. Lift your right leg high and exhale low lunge. Bring your right foot all the way through. Inhale crescent lunge. Breathe here. Root your front heel down and drag your back big toe into your mat and drag it forward to help your square your hips and then draw your tailbone down and synch your front ribs in to fire your 360 core all around your center.

Inhale lift up, open your heart. Exhale vertical twist to your right. Sweep your right arm back and your left arm forward. Use the sides of your waist to twist a little deeper. Yes, inhale warrior 2. Open all the way up. Broaden your stance, open up your arms, expand through the center of your chest. Point your right knee directly forward. Yeah, prioritize that even if you have to, turn your back hip forward just a little bit, no problem. Then roll your back shoulder open a little bit of a twist in your spine. Sit a little bit deeper. Good.

Inhale here, exhale extended side angle. Bring your right arm towards your thigh or you can fly your arm and use a little bit more core side body strength. Take your top arm up and over so you're one line from your left fingertips back down to your left ankle. Moving on, inhale reverse triangle. Squeeze your inner thighs. Lift your right hip tip up. Stretch up and then side bend back behind you. Inhale. Good, exhale high to low. Plant your hands, step back and, again, on your knees or toes. Inhale upward facing dog. Exhale downward facing dog. Amazing, inhale down dog kick. Lift your left leg high and exhale knee towards your nose. Draw it in. yes, inhale down dog kick. Lift your left leg high and exhale low lunge. Bring your foot forward and through.

Inhale crescent lunge and breathe here. As we did on the other side, bring your front heel down and isometrically drag it back. Root your back big toes down and pull it forward and then carve your tailbone down and nit your front ribs in to fire your 360 core and then lift your heart. Inhale and exhale vertical twist to your left this time. Sweep your left hand back, right arm forward. Use the sides of your waist to twist. Lovely.

Inhale warrior 2, [adjust]. Extend, expand. Again, prioritize your front knee pointing directly forward. Roll your back shoulder away. A slight twist in your spine. Inhale, exhale, extended side angle, again. Your left elbow can be support or fly it a little bit more side body strength. Reach your right arm up and over, one line, fingers back to your right ankle.

Inhale, reverse triangle. Squeeze your inner thighs, lift your left hip tip up and then reach back. Use your right side waist to fan your left ribs open. Inhale breath. Good. Exhale high to low your way. Elbows into your ribs. Inhale upward facing dog, open your heart. Yeah. Exhale downward facing dog. Be right here right now. Take a deep breath in and a complete breath out. Good, we're going to flow this one breath to movement. Inhale, lift your heels, and look forward. Get ready, exhale forward fold, your way. Hop or step. Inhale high, halfway lift, and exhale forward fold. Bend your knees a lot. Inhale chair pose. Good, exhale chair plane. Root your right leg down. Inhale one leg mountain pose, lift your left leg up and exhale standing figure 4; opening the back of your hip.

Inhale one leg mountain pose and let's switch this out. Exhale chair plane, down and back. Root your left leg down, inhale one leg mountain pose, lift your right leg high. Good, exhale standing figure 4 hinge. I can feel, it's so good. Inhale one leg mountain pose. Lift up. Good, exhale chair plane. All right, re-flow this on. Inhale arching mountain, palms together, gaze up, little backbend and exhale forward fold. Hinge. Inhale high halfway lift and exhale high to low your way. Make it your flow. Inhale upward facing, open your heart. Oh, be right here right now. Exhale downward facing dog in this present moment. Inhale down dog kick. Lift your right leg high. Exhale knee towards your nose. Pull your front core in. Inhale down dog kick, lift your right leg high and exhale low lunge, bring it through. Inhale crescent lunge, breath up, exhale vertical twists to your right. Breath well, all of it out. Inhale warrior 2. Keep flowing, keep breathing. Exhale extended side angle; whatever lift gives you, be in the moment.

Inhale reverse triangle. Squeeze your inner thighs, arch to a side bend and exhale high to low. Again, you can also just hold high plank, yeah, inhale upward facing dog or keep holding plank and exhale downward facing dog. Another side, inhale down dog kick. Lift your left leg high, exhale knee towards your nose, round in. Yes, inhale down dog kick. Lift your left leg high and exhale low lunge. Bring it through. Inhale crescent lunge, breathe up and exhale vertical twist to your lift. Open up your arms. Inhale warrior 2, blossom all the way open. I see it, yes, Beth, you keep going. Exhale extended side angle. Arms up and forward. Yeah, I'm just watching all of you. It's so good.

Inhale, reverse triangle, everybody, squeeze your inner thighs. Yes, Eileen, I see it. Awesome. Nice Heather. Exhale high to low your way. Elbows into your ribs, come halfway down; yes. Good, good, good. Inhale upward facing dog. Open up your heart, expand your chest. Beautiful. Exhale downward facing dog.

All right, team, we're going to kick this up a little bit, yeah? Inhale, lift your heels and look forward. Exhale forward fold. Float or step to the top of your mat, your way. Inhale high halfway lift. Arch your back and exhale forward fold. Bend your knees. Inhale chair pose, Utkatasana, and exhale chair plane. Sit down and back. Root your right leg down, again. Inhale one leg mountain pose, lift your left leg up and then exhale standing figure 4. Pause here for a moment. High love, inhale, shift your chest forward, exhale one-third prayer twist to the right. So rotate your torso one-third to the right, pause. Use and fire the muscles on the side of your waist here. Inhale breath and exhale two-thirds prayer twist to your right. All right, stay here. Getting deeper in your hip stretch as well. Inhale breath and exhale full prayer twist. If you can, bring your elbow to your shin, ankle or inside of your arch. Good. Back to one leg. Inhale one leg mountain pose and exhale chair plane; down and back, stay low, root your left leg down.

Inhale one leg mountain pose, lift your right leg up. Good, exhale standing figure 4. Hinge at your hips. Breath here, inhale long spine. Exhale one third prayer twist to your left. Feel your side waist. I feel it. Inhale breath, exhale two-thirds prayer twist. All right, we're almost there team. Inhale breath and now exhale, touch something; your shin, your ankle or the inside of your arch.

Let's do it. Inhale one leg mountain pose, stomp up and exhale chair plane. Sit down and back. Inhale arching mountain, arch back, expand and exhale forward fold. Inhale high halfway lift. Exhale high to low, again, your way. Inhale upward facing dog and exhale downward facing dog. Let's add on. Inhale down dog kick, lift your right leg high. Exhale knee to nose pause. All right, windshield wipers. Take your knee to the right and left, go right, left. Exhale, inhale, exhale, inhale for four, three, two, one. Down dog kick. Inhale down dog kick and exhale low lunge. Lax at vertical [corded 8]. Inhale crescent lunge and exhale vertical twists to your right; open up. Inhale warrior 2, expand. And exhale extended side angle. Pause here team, we're going to add on. Bring your top hand to your back, to your top hip. Inhale half moon pose. Step your back foot forward about 12 inches and then sweep off. Take your right hand forward 12 and over to the right six inches and lift your back leg off your mat. Yeah. Half moon.

Reach your left arm up for the sky. Oh, yes! This is so much power on this call, team. Be right here in the moment, you can't be anywhere else in the balance. You've got to be here, you've got to be present. Inhale, good. Slow control, exhale long, step back to low lunge. Long step back to warrior 2 rather.

Inhale reverse triangle, straighten. Oh, that feels so good on our front leg after that. And exhale low lunge. Listen up, a little bit of a change. Inhale standing splits, extend your left leg up to the sky. Feel free to bend your standing legs so you can get your hands down to the mat. Jiva squat. Inhale, lift your leg up, exhale, cross your knee behind your ankle. Again, inhale, lift it up and exhale cross. Inner and outer thighs, right here. Inhale standing splits and exhale cross.

All right, we're going to hold splits. Inhale standing splits. Hold here. You can work on the stretch on the back of your right leg or if you want to join me, we can work on handstand. In handstand, my friends, what you do is walk forward, shift forward, so that your hands are -- your shoulders are over your wrists and then take your one leg up, pull your front ribs up and in and then find that flow. You can scissor switch your legs. So, walk forward, shift forward, take your shoulders over your wrists. Yes, then take one leg up to the sky. Use the other leg to power you up, pull your front ribs in and find a little bit of flow. Yeah, even just trying one or two times; amazing core workout and you're burning calories. Yes. Thank you, and so much courage.

All right, ready everybody? Low lunge. Step your left foot back, right foot forward, left foot back. Low lunge. Here we go, inhale high plank pose. Exhale four arm plank. Draw your elbows down to the mat and then interlace your fingers. Lower your hips down and zip up your legs. All right, physical therapists call plank the most perfect core workout. We are going to empower that today. Hip dips. Take your hips right, center and left, center. Keep going. Right, center, left, center. Inhale, exhale, inhale, exhale. So as you're working, punch your elbows into the mat, synch your front ribs in, feel that fire. You're at 360 core and then use the sides of your waist to dip your hips. Go four more, go three more. Last two, we're going to hold in the center after this one. Hold it in the center. Hold. Hold. Exhale. Three, for four -- deep breath in. Three, last two. Exhale high plank to downward

facing dog. High plank to downward facing dog. Take a deep breath in and a deep breath out. All right, friends. We have one more side. Left side. Let's hit it. Inhale down dog kick. Lift your left leg high and exhale knee to your nose, pause. Take it windshield wipers. Go left and right. Go left, right. Exhale, inhale, exhale, inhale. Four more. Four, three, again, in two, down dog kick in one. Inhale down dog kick and exhale low lunge. Bring it all the way through.

Inhale crescent lunge. Rise up and exhale warrior 2. Exhale the vertical twist rather to your left. Inhale warrior 2, open all the way up, we're with you now and exhale extended side angle. Again, pause here team. Bring your top hand to your top hip. Step your back foot forward or for more I'm going to step back a little bit. Take your left hand forward and off to the right. Inhale half moon pose. Launch off and take your right leg, lift it up, root down through your left hand, roll your right shoulder open, extend that to the sky. And then from the center of your core, feel everything in and then expand out from that center. That's the present moment. You can expand out from there. Inhale, good, exhale warrior 2. Long step back. Inhale reverse triangle; straighten your front leg, lift your left hip, tip up, arch back. Good, exhale low lunge. You remember this part. Inhale standing splits. Lift your right leg up. All right, we're add the jiva squats again. Inhale, lift your leg. Exhale, jiva squat. Cross your knee to the outside of your left ankle. Inhale standing splits and exhale jiva squat.

Inhale standing split is so good. Exhale jiva squats. Last one, hold it up. Inhale standing splits, hold. And again, you can hold here working your balance or join me in those little swing and hops. In the swing and hop, bend your standing leg and then shift your shoulders forward. In the shift you get a little bit of momentum and in that momentum, see if you can find and hold a handstand for a moment. Yep, that's the plan. Pull your front ribs in. Yes, yes team. Erica, you're doing great. Bring a little bit more lift, punch off. You can do it. Courtney I see you.

Amazing, everybody, Eileen, yes. Kelly, I wish I could see Kelly. I can't see Kelly but I know it's happening. Jess, hi, how you doing? So good. All right team, amazing. Low lunge. We're meeting in low lunge. Left foot forward, right foot back, low lunge in four, three, two -- all right, low lunge. Plant your palms. Inhale high plank pose. Hold high plank. Hold. Just hold. Again, plank, one of the most perfect core workouts. Punch your hands into the mat, lower your hips down so you become one line from your head back through your heels. Yeah, take a deep breath in. Good. Exhale hovering plank. Take your knees one inch off the mat. So your knees bend. Take your knees one inch off the mat, twist side to side. Go right and left. Right, left, exhale, exhale. Twist. Twist, feel this. Pull your wrists back, your toes forward as you twist. Again, firing as many parts of our core as we can. Go four, three, two, back to high plank in one.

Inhale high plank pose. Hold for eight. Seven, six -- can you take a deep breath in? Everybody breathe in. Breathe in right here, right now, don't be anywhere else. Be right here, right now in this moment. Exhale all fours. Awesome job everybody. Interlace your hands behind your back. Take a chest expansion so interlace your hands. You can extend your arms back, roll your shoulders. This is another great stretch to reverse tech bod. We all kind of live in tech bod right now, don't we? We're rounded over our computers. We're in often social distancing so we're like collapsing in. Let's open up. Open up your heart. Being in the moment means you're willing to open up your heart and be right here with everyone right now. Good, gently release, shake your hands. Fantastic. Cross your ankles and then lets roll onto our back.

Cross your ankles, roll onto your back. Little bit of belly up core team. Extend your legs straight up to the sky then lower your legs down say 30 degrees. Lower them down until you feel your very low abdomen fire up. Belt that very bottom part of your core and feel that and bring your hands behind your head. Here's the trick. Keep your legs at this 45. Instead of them coming up straight, keep it at the 45 as we go in. This is your bicycles, ready? Here we go. Take it to the right. Go right, center, nice and slow. Go left, center. Exhale, inhale. Exhale, inhale, so avoid speeding up, stay at this slow pace. I'm going to get -- let you go at your own pace soon but stay with it. Stay in the slow. Stay at the angle with your legs. Really fire it up. Twist. As you twist, try to keep both shoulder blades off your mat; that's just going to fire-up more of the upper core. Go four more each side. Go three, good. Last two. Great. Last one, now hold it to the right. Hold it to the right and pulse. Push your arms forward, pulse. Exhale, exhale. Go four, three, to your left in two, one. Switch it out. Go left. Pulse, pulse. Push forward, exhale. Exhale, got this; four, three. All right, at your own pace to the beginning. Go right if you want and left; little faster if you want, littler slower if you'd like. Almost home with our belly up core team. Almost home. You can feel it. We're in the final press. We have flowed. We have worked our core intelligently; belly down. We've done it, belly up. Here we've done it vertical. Yes, everybody. Feel the strength you're creating from the center, right? Your center can be your present moment. Your center can be your core. How do you connect right here, right now? Last four at each side. Breathe. Last three, almost there. Two, let it go.

Nicely done everyone. So bring your knees to your chest and rock side to side. Enjoy the stretch on your low back; rock side to side. Now, you can release your knees about 6 to 12 inches from your chest. Keep your hands on your shins and then rock side to side. It's going to massage your low glutes out. We'll do more of that. We're going to do some bridge lifts and then if you'd like, wheel. So, backbends to really take advantage of everything that we worked on today. Lower your feet down underneath your knees. Feet can be wide as your hips or even a little wider. Whatever gives you more stability. Bring your hands down, either side of your hips. Inhale bridge pose. Lift your hips up and pause here. Push the back of your head into your mat to fire the muscles of the upper back; the muscles of your neck to support this. And then root your heels down and pull them back to fire your glutes and your hamstrings to lift your hips a little higher. Feel that, deep breath in.

Good. Exhale lower down. All right, now we're going to flow bridge. Bridge flowing. Inhale, bring your arms up and your hips up, exhale, lower everything down. So we'll just keep flowing that. Inhale lift, and exhale lower. Two more. Inhale lift, exhale lower. All right, this one we hold. Inhale lift, hold it up. Turn your palm into each other. You could stay here or keep turning your palms so that your palms, your thumbs, go in, out and around and your palms are down to the mat.

Now, lifting your hips up. Come to your tippy-toes, lift your hips. They go up, up. Exhale, exhale. Four, three, two, one. Good, exhale. Lower everything down, your hips and your arms. Take a full breath cycle in, full breath cycle out. All right team, we're going to hold one more backbend. It can be bridge, those of you that like to join me in wheel, I'm going to talk us through that but bridge, you know where we're going. We're going to hold it for about five breaths. So, this is our -- this is our long hold in it to open up our heart. Those of you in wheel with me, take your arms like you're in handstand on the ceiling and then bend your elbows and flip your palms up and over, back behind you, up and over. Then inhale bridge, you know where we're going or inhale wheel, lift your hips and then handstand your arms, push your heels

into the mat. Bring your heart back through. Five breaths. Breathe in. Breathe out. Breathe in. Breathe out. Three more. Inhale and exhale. Yes, inhale, exhale. Last one team. Inhale breath, exhale, release. Come on down. Oh, bound ankles pose, team. Bound ankles. Bring the soles of your feet together, butterfly your knees open, let your knees fall up and take one hand on your belly, one hand on your heart. Amazing work everyone, amazing.

So proud of you. A little bit of hip opening and then we'll have a nice rest. Deep breath. Breathe out. Close your knees. Inhale, supine figure four. Cross your right ankle over your left thigh as we did standing today and then take your hands behind your left thigh. Pull your left thigh in. Keep your right foot actively flexed. Maybe if you want you can take and press your right knee forward with your right elbow; get a little more stretch. I love on this one to rock side to side. So if that feels good on your glutes and your low back, feel free to do that.

Deep breath. Good, exhale, supine cow face. Take and cross your right knee all the way over your left. So, it's a big cross of your legs and then take your hands either on your shins, your ankles or your feet and gently pull your feet apart as you arch your low back. That will increase the intensity of the stretch. So we went from the back of our glutes now to the sides of our glutes. Get our whole glutes nice and stretched and open. Deep breath and breathe out. Keep your knees crossed. Release your hands. Take your feet to your mat, lift your hips and then slide them over to your right a couple of inches.

Exhale cross leg supine twist. Drape your knees to the left, gaze and draw your right arm over to your right. Feel free to take your right arm up at a 45 degree angle, a Y shape, be a little bit more stretch on your internal peck rotator. It's really, really used when we're on our computers a lot so give that beautiful muscle a great stretch. Slowly come back to center. Inhale, bring your knees back, bring your hips back to center and then uncross, supine figure four on your left side. Cross your left ankle over your right thigh, take your hands around behind your thigh, pull your right thigh in and if you'd like, you can push your left knee out just a bit but keep your left foot actively flexed, protect your knee.

It feels good to rock too. Feel free to do that. And then supine cow face. Cross your left knee all the way over your right and, again, grab the shins, ankles or your feet and pull your feet gently apart. A little rock on this one doesn't hurt either, it feels good. Good, slowly keep your knees crossed but release your hands. Take your feet to the mat, lift your hips, slide them to the left a couple of inches. Exhale supine twist. Drape your knees to the right, gaze to the left, maybe your left arm up at a 45. You can also look straight up to if it's a little too intense on your neck; always available. Deep breath.

Lovely. We're unweaving the muscles of our spine deeply between each vertebrae. We're releasing the core muscles, twists help counter core work and twists generally get you in the present moment. They help you connect to our nervous system and go deep into the calm and relaxation. Lovely.

Slowly come back to center. Bring your knees back to center and sweep your hips back in the midline. Exhale happy baby pose. Bring your knees up to your chest and then either grab inside or outside your ankles, your arches and rock a little side to side. I love to play with extending one or both of my legs as well, get the low inner thigh stretch too. So, play with it just like a happy baby would. Good. Exhale knees to chest or ball pose. Sweep your hands over your shins, maybe grab for your

forearms or your elbows. Curl in, bring your forehead into your knees, deep breath in. Contract every muscle you can and then exhale, release, final resting pose.

Extend your feet out wide. Let your palms roll up and then if you feel comfortable close your eyes and just rest. Just rest. Allow yourself a couple of deep breaths. Take a deep breath in and a deep breath out. Another one like that. Deep breath in and a deep breath out. Final deep breath. If can have more time, feel free to stay. If you need to move on with your day, inhale, reach your arms up and over your head. Stretch long. For the next, bring your knees to your chest and you can either roll to a sideline pose and press up or just roll up to [seat]. Bring your hands to your heart center.

It was my honor to flow with this many powerful women, all of us together from PNC, from all over the country. From inside and outside this amazing community it just really deeply my honor to flow with you. Thank you all for being leaders and being women and showing other people that women can be incredibly powerful and incredibly gracious leaders. I am honored to be with you today.

Inhale thumbs to your third eye center. Exhale, bow forward, honoring this great path we walk together. Namaste. Awesome, awesome job everybody. I hope you feel good. I feel amazing. What a great way to start the day and I'm just so inspired to be with you powerful, amazing graceful women. It's so wonderful to connect and flow with you.