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Create Calm self-care yoga with image MD.
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>> KEYONNA MAYO: Hello, everyone. We would like to welcome you to the image center's wellness program for this month of June, and this month we have partnered with Create Calm. And at first I will go over some meeting norms. We would like everyone to stay muted. If you have any questions or statements, we will have a Q and A at the end of the session. And please when you start talking, please announce who you are, your name, and then I will pass it over to Lisa so she can tell you a little bit about Create Calm and introduce our instructor for today.

>> Thank you for that introduction. I really appreciate it. Hi there, it's great to see everyone. We encourage you throughout the practice to keep your cameras on if you feel comfortable with that so we can watch along with you. You are also welcome to turn them off if that feels more appropriate. Feel free to send us messages in the chat during the class, but we would love for you to just drop in and experience and save your questions and comments for our Q and A at the end. Create Calm is a nonprofit that brings yoga experiences to community groups and schools all around the DC area. We are thrilled to be here with you today. We hope that you feel comfortable doing the yoga in whatever way works for you. We are big believers that we are here making suggestions, but you are your biggest teacher and we really want you to tap into your skills to guide your own experience in a wonderful and powerful way. And to

guide that experience for you today is our instructor, Mary Lynn Mellinger. She is an expert in providing therapeutic yoga experiences to adults and children and has been doing this since 2011. So she knows what she is doing. Without any further delay, I'm going to pass this over to Mary Lynn to get us started in our practice today.

>> MARY LYNN MELLINGER: Thank you Lisa and Keyonne both and welcome to yoga for self-care today we will be practice sitting in chairs, yoga is often practiced on a mat on the floor. We thought today we would do it in a chair making it more accessible to everyone to join us for yoga today.

You may know that yoga is a very ancient practice, it goes back millennia, back to the ancient Yogis who would sit for hours in meditation. They learned that if they started to stretch their ligaments, their muscles during this time of inactivity, that they could sit in meditation for even longer. So that's where yoga comes from.

The word yoga means uniting, bringing two things together, and for us that's movement and breathing. So during our practice today, you will hear me often say inhale and do one thing and do another, that's because we are focusing on breathing while we are moving. Any type of movement can be yoga. You could be walking across a parking lot and as long as you are concentrating on your breathing while you are doing it, you are doing yoga. Today we will have our practice together in chairs. I do invite you to have a chair without arms, a straight back works best, but whatever situation you are in today will be just fine. As long as you come with an open heart, we will all practice together.

So our plan for today, my plan for today is that we are going to move our joints. We are going to try to move all of the joints that we can and stretch our muscles and ligaments as well. So we are going to start at the top of our bodies, work all the way down to our toes. And if -- yoga should never be painful, if something feels painful, stop. Pull back. But there is a difference between pain and sensation. So if what you are feeling is just a little something you are not used to but not pain, I encourage you to continue on with what we are doing.

I'd like to start the practice today with a very traditional breath work that yogis do. It's called three part Dirga yoga breath. I invite you to sit up tall in your chair or flat on the floor. Bring your hands to your abdomen and again to breathe normally. And feel your abdomen rise and fall with each breath. Next, bring your hands to your rib cage and breathe in and out of your rib cage, concentrating the breath there, you will feel your rib cage expand and then contract as

you exhale. Next, bring your hands up to your upper chest and inhale into this upper part of your lungs. Once again, feeling the rise and fall with each breath. Now, let's combine the three parts of breathing into one breath. So first exhale all of the breath out of your lungs. And begin inhaling into your abdomen. Moving that breath up to your rib cage, and finally, to your upper chest and then exhale all the way down. Once again, abdomen, mid lungs, and your upper chest. And exhale. I invite you to do several of these on your own at your own pace. Each time you exhale, make sure that all of the breath is out. So you have got room.

>> Keep on breathing. Three parts into the belly, the chest, the upper chest. Nice big full breaths. Feel free to close your eyes and imagine watching the breath from the inside. Just allowing that breath to come and go freely and fully.

>> MARY LYNN MELLINGER: Thank you very much, Lisa, I'm not sure what happened, but I'm glad you are there to jump in. Let's begin by taking three great big breaths together so reaching your arms out to either side, fill your lungs all the way until your arms are at the top, and then exhale all the way down.

Inhaling again, fill your lungs, and then exhale. Last time for a third big breath, inhaling up all the way to the top, and exhale coming into mountain pose, seated mountain pose, mountain pose is the pose from which all other yoga poses spring forth. They come from this. I invite you to bring your feet onto the floor, feeling the earth beneath your feet, bring your knees right over top of your ankles, spine is straight and long, very important. Shoulders forward, up, back and down. Now raise the crown of your head towards the sky and bring your arms down by your side with your fingers pointing towards the earth.

Take several breaths here in mountain pose. And just like a mountain we are connected to the earth and rising to the heavens, two lines of energy, into the earth and up to the sky. Bringing your hands to your thighs, to your lap take a deep breath in. Look up at the sky raise your chin, exhale, lower your chin to your chest. Inhale, rise up. Exhale, chin to chest. Inhale, rising up. Exhale lower chin to chest. Let's do one more in this direction. Head comes back to center, take a deep breath in, exhale and look over one shoulder come back to center, as you inhale, exhale again looking over the opposite shoulder, back to center. Inhale, exhale over to the first side. Inhaling to center, exhale over the opposite shoulder. Inhale back to center. Exhale. Inhale back to center, once more opposite side, and then coming back to center. Good, warming up our necks, working our way down, come to our shoulders, shoulders are where all of us tend to hold a lot of

stress and we get real tight in our shoulders sometimes without even realizing it. So let's give ourselves a shoulder massage. This is something we can do any time. You don't need to be in yoga class to do it. So sitting straight and tall start to send your shoulders forward, up, back and down. Start that rolling motion forward, up, back and down. Take your time, squeeze them up high when they come up near your ears. They go down your back, bring your shoulder blades together, get the most out of your massage. Next time your shoulders are up by your ears, go the opposite direction. Send them back first, forward, up and down going the opposite way.

All right, coming to stillness, take a moment to notice how that feels. I hope everybody's shoulders feel as good as mine do right now. It feels like I just got a massage. Next take a deep breath in, raise your arms to be parallel with the floor, raise them out front, take a deep breath in, as you exhale, make a first with your hands, inhale, send your fingers long, spread your fingers wide exhale make a first again. This time make the first a little tighter, a little bit tighter, and then release it as you inhale. Spread your fingers wide.

Exhale, make another first. This time really tight, squeeze that first really, really tight, and then exhale, let go spreading those fingers wide. Take a deep breath in, flip your palms now up towards the sky. Deep breath in. Exhale, bend your elbows back, touch your shoulders. Inhale arms straight out with your palms up, exhale back to your shoulders.

Inhale arms straight out in front. Exhale hands to shoulders.

Bring your arms out in front, have your palms face each other, raise one arm up towards the sky, the other towards the floor. Stretch those arms in each direction, so you have one arm reaching towards the floor, one arm stretching towards the heavens. Take a couple of breaths here, two lines of energy.

Now, switch the arms. Opposite arm up towards the sky and the other arm down towards the floor. Scissor those arms again, raising the opposite one towards the sky, and scissor the arms again. Let's shake our arms out just for a minute, shake them down for a little bit. I'm going to ask you to raise them again. This time raise your arms out in a t formation, so out to the sides, straight out with palms down. Begin to make small circles with your hands, with your arms. That circle coming from the shoulder joint.

Everybody is looking great. Keeping up. Now reverse the direction of your circles. And relax your arms down and shake them out.

Now, we have warmed up neck, we have warmed up shoulders, we are working on arms. Let's take your arms as far back as you

can. So send them wide, arms wide open, and when you've got them in like a t shape, send them farther back. Send the arms as far back as you can. What that does is it brings your heart center forward. So we want to bring the heart center forward, arms back as far as you can. Take a couple of deep breaths here. If you really want extra stretch and you have a chair where you can reach back and grab the chair and lean forward with your heart, that looks good. Very good. Challenging yourself. I like it.

Now bring those arms back forward, give yourself a hug with both arms, lean forward so that your back is going the opposite direction. We are warming up our spines this way. Open the arms wide again. This time maybe a little bit wider than before. How far back can those arms go? How far forward can your heart come?

Now, give yourself another hug., bending over. Bending your spine forward this time. All right. This is the last time. Let's make it the best one. Reach all the way back. How far can you go? Grab that chair. And then give yourself that last hug today. Third and final hug. Bringing your arms overhead with a great big breath in, you can bring your arms to a wide Y shape. You can bring your arms straight up overhead, or you can bring your hands together if that's where your yoga is meeting you today. If your hands are straight up towards the ceiling and you are able, you can bring your, steeple, bring your fingers into steeple position with your index fingers pointed towards the sky. Send lightning bolts out those fingers. Wherever your hands are now, send lightning bolts out and then begin to wave your fingers as though you are drawing a line across the ceiling. Keep that energy going out of your hands as you begin to lean over, bend over to one side.

Stay strong, keep that energy coming out of your finger types. Keep breathing. Come back up to center. Let's shake our arms out for just a second. We had them up, but I'm sending you back up to where you were before. Take another deep breath in, reach out through your fingertips, and, again, as though you are drawing a line on the ceiling, bend over to one side. Keep breathing. It's easy to stop breathing when you are concentrating.

Come back to center. Lower your arms. All right. So now we have taken our spine forward. We have taken our spine back. We have taken our spine to each side. Now, we will add a twist. So we get our spine all juiced up for today. So take a deep breath, raise your arms up overhead and then twist to one side.

As you do, when you reach that side, lower your arms down. You will have one arm on your thigh, one arm on the side of your chair. And use that to twist yourself, continue to twist as far

as you can. When you can't twist your body any further, send your head over, look over your shoulder behind you. Keep breathing here. Feel that twist. Then start to send your head forward, release your hands and come all the way forward.

Now, in yoga, we have to do everything on both sides. Everything has to be even. So now we will do the other side. Take your arms up overhead, twist to the opposite side, and then lower your arms down. You will have one arm on the thigh, one hand on the thigh, the other on the chair. Use that to pull yourself around as far as you can towards the back. Looking over your back shoulder. Once again when you are twisted as far as you can, keep sending the head back. Keep looking for that back wall. And keep breathing. Now, begin to bring your head forward, release your hands and come forward., forward facing.

All right, so we have done, we started, we have done neck, shoulders, we've done spine, now, we need to come into hips, legs and feet. So take a deep breath in, exhale and raise one foot as high as you can, parallel with the floor point that foot and flex, point and flex and begin to circle your ankle and then go the opposite direction with that circle you might be hearing snap, crackle and pop right now.

And then lower that foot back to the earth. Now, raise the opposite foot. Point that foot and flex it point that foot and flex it. Point and flex, point and flex, and now start to make circles. Get all of the fluid in the joints. Go the opposite direction with the circle.

And bring that foot back to the earth. Now, raise one foot up, and you can do either foot, right or left, but I do ask you to bring the opposite arm straight up towards the sky. Keep breathing. Take a couple of breaths here, lower both back to the earth. Now, the opposite foot, opposite arm straight up to the sky so you have your toes straight up toward the sky, your fingers straight up toward the sky. And bring them both back down to the earth. Now, tricky part, this will work your core, all right. Deep breath in, can you raise both feet up, and if you get both feet up, can you bring both arms up also keep breathing. And lower back down to the earth. Bring one knee up as much as you are able. So go, everybody is different and every body is different. Everyone's yoga looks different. So if you can grab onto your knee and bring that close to your body, and then release your knee. And let's try the opposite., breathing, and lower that foot.

Next, try and raise, raise your knee as high as you can, straighten the same leg, bend the knee and lower. So we have three movements, raise your knee, straighten the leg, bend the knee and down. Raise the knee straighten the leg, raise your knee and down. Bend your knee, straighten your leg, bend your

knee and down. We will do each side one more time. Bend your knee, straighten your leg, bend your knee and down.

Last side, bend, straighten, bend your knee, and down.

Now, the next one, again, every body is different, and so wherever you are in your yoga practice today will be perfect. So if you are comfortable crossing one leg, one ankle over the other, please do that. If you can cross one leg over at the knee, and that's where your yoga brings you today, perfect. If you are able to get one ankle over the other knee, that would be perfect too. Before your yoga is today.

I want you to stay here for several breaths as this is stretching out the hip, wherever you are if you want to take it a little bit further with a straight flat back, lean forward before it is that you have brought your legs together today.

Lean back straight up. Bring both feet down now to the floor. And we will do the other side. You have to even it up in yoga, right? So you can either cross your ankles, you can cross at the knee, cross one knee over the other or maybe you will bring one knee up over -- one ankle up over the other knee. Once again starting with a flat back, if you lean forward, you will feel a stretch in the hip.

Come back up, bring both feet down to the floor. Let's combine a lot of what we've done today into some more move will, some more fluid movement. So it's getting a little warm today, why don't we take a few laps in the swimming pool. Sit up straight and let's start to swim, all right, just bring your arms around. We are doing a forward crawl in the swimming pool. Use as many muscles as you can. Reach out as far as you can with every stroke, farther and farther to get us through this lap.

Second lap, we are going to do the back stroke. So ready, let's go with each arm doing the back stroke one at a time. Arms go back.

Swimming this lap, the water feels good. You are not splashing too much. Allright. And then third lap is the breast stroke. Bring your hands together, palm to palm at the level of the heart. Point your fingers out. Twist your wrists to your fingers are pointed out. Reach out as far as you can both arms to the side to do the breast stroke. Over and over again. Each time reaching farther each time we go with each stroke. Almost there. One last breast stroke and we have reached the other side of the pool. Bring palm to palm at the level of the heart. Let's take one last dive. So send your fingers right up towards the sky. Over we go as far as you can, dive down as far as you are able, and hang out here for a minute. Take a couple of deep breaths and then using your hands, climb back out of the pool. We will take one more dive.

Starting palm to palm at the level of the heart up you go towards the ceiling and over. Dive into the pool. Once again resting here, taking breath, and then using your hands climb out of the pool.

Sitting back in your chair now, first of all, y'all have done great sticking with me, I appreciate it. And I know that we may have worked some muscles that you haven't worked in a while. So let's take a moment just to relax and integrate what we have done in yoga practice today. This is the best part of yoga it's called Savasana or relaxation where we relax. I invite you to sit back in the most relaxing position, rest your hands on your lap, you can rest them on your belly, you can rest your hands wherever it's most comfortable for you. Sit back in your chair.

If you would like to close your eyes for a few minutes here, you can close your eyes if that's comfortable for you. If there is any movement you can do to make yourself a tiny bit more comfortable, do that. Now, take a moment to notice how your body feels after your yoga practice today. Is there maybe some tingling going on somewhere. Have more oxygen in your body with all of the breathing. Take a moment just to notice your feet and all of the hard work they have done for you today. Bring your attention to your ankles your shin bones and your calves. Your knees and your thighs, your hips. Bring your attention to your belly. And your fingers and your elbows. See if you can feel your heart beating the heart is sticking with us pumping blood all throughout our bodies.

Feel your breath as it enters your nostrils, your nose and goes down to your lungs. Notice your smile, your eyes. Bring your attention to the very top of your head.

Carefully, gently opening your eyes. Sit up straight and tall again. We the end the same we started taking three complete breaths together. Take a deep breath in raising your arms up overhead, and then exhaling all the way down.

Inhale again, second breath all the way, fill your lungs. Exhale every last bit of breath.

Third time is a charm, fill your lungs when your hands meet overhead. This time bring them down through the center to your heart. Ending yoga class I like to say namaste which means the light of the divine in me recognizes the light of the divine in you. So until we meet again, namaste.

I think we are going to have, if anyone has any questions, we are opening it up for that.

>> Yes, where are you located at, Mary Lynn?

>> MARY LYNN MELLINGER: I'm here in my house now in Ellicott city.

>> Can you send me your info to my email. I have it in

the chat box. My name is Chioke.

>> MARY LYNN MELLINGER: Are you looking for a place to take yoga.

>> No, I would like to recommend this to somebody.

>> MARY LYNN MELLINGER: Wonderful. Well make sure that you have our contact information, that's great. Thank you.

>> Can you send it in the chat and send it to my email, please.

>> MARY LYNN MELLINGER: Absolutely. Lisa just put it in. Thanks, Lisa.

>> KEYONNA MAYO: This is Keyonna Mayo, I have a question. So do you ladies do like weekly classes or maybe like monthly classes for people to join?

>> MARY LYNN MELLINGER: I will let Lisa take that one. Lisa is our --

>> We do. We have classes all over the area. We have some therapeutic classes that happen every week up in Baltimore. And we have classes at a yoga studio in Rockville, and sometimes we do special events at other places in between.

>> KEYONNA MAYO: Okay. Thank you.

>> MARY LYNN MELLINGER: I believe in the fall we are going to have classes twice a week in the Baltimore County parks and rec.

>> Keyonna Mayo, do you work at all with the Baltimore County therapeutic rec program?

>> KEYONNA MAYO: No, we do not.

>> They have a couple of community centers that we bring classes to every week and we are expanding our programming in the fall. If you are interested, let me know and we will put you in touch with the folks there who coordinate the program.

>> KEYONNA MAYO: Okay. Well, I'm definitely interested.

>> Okay. Great, Clare, can we answer a question for you?

>> AUDIENCE: Hi, I had my hand raised as well, this is Erin, I'm not sure if that's who you are calling on or somebody else maybe.

>> I thought I saw Clara's hand up, but absolutely ask away.

>> AUDIENCE: I can't see the chat. I'm the Deputy Director of programs and services at the Center for Independent Living serving people with disabilities in Howard and an Arundel County, so I was wondering if there are events in those areas, perhaps?

>> Let's talk because we can certainly make that happen.

>>

>> AUDIENCE: Okay. Wonderful. That sounds good. We will connect.

>> Absolutely. Please feel free to reach out. I will put

my other email address in the chat too if you all want to reach out to me directly instead of to the more general.

>> Gotcha, all right.

>> Do you have a website?

>> We do. I was typing it in right as you were asking.

Good timing. And I see your spirit club website that you put in there too. Thank you.

>> Can you make it HTTP so we can so I can, you know.

>> Yes. You got it.

>> MARY LYNN MELLINGER: I wanted to mention, I know especially we were doing a lot of shoulder movement today. And so if you find when you make up tomorrow your shoulders might feel a little sore, doesn't mean stop doing yoga, that means you need more yoga. We call those souvenirs, you will think of me.

>> Thank you, Mary Lynn.

>> MARY LYNN MELLINGER: You are welcome.

>> Drink lots of water.

>> Yes, because I am under the weather.

>> MARY LYNN MELLINGER: I'm sorry to hear that. You say you are under the weather?

>> Yes, I have a cold.

>> MARY LYNN MELLINGER: I'm sorry to hear that. It is going around, I know.

>> Drink lots of water.

>> KEYONNA MAYO: I know for a fact I will be thinking of you, Mary Lynn Mellinger, in the morning.

>> MARY LYNN MELLINGER: You reach out if you need to, Keyonna Mayo. More yoga, more yoga.

>> KEYONNA MAYO: Yes. But this was definitely great. Does anyone else have any other questions or comments?

>> Clara's hand is raised but her microphone is off. I don't know if you can access the chat or if you can -- there you go.

>> Hi, yes. I was just on, so my name is Clara, and I just wanted to know so do you guys offer classes for free or do people have to pay anything to take these classes here? Maryland?

>> That's a great question. We offer both. The ones that are with the Baltimore therapeutic program do not cost anything to the community. Ones at some of the other yoga studios do have a cost.

>> Okay. Because I'm actually wanting to take some yoga classes myself, and finances are pretty hard, so I was looking for something free, but I'm also wanting to start working on certification to be a yoga instructor.

>> Awesome. That's awesome. I was going to say, we are the right folks to talk to because we have a training program

that might be of interest to you too. And not to put any pressure on image MD, but I'm thinking maybe we could do this more often.

>> Sure. Are you working with people on the go in Maryland, have you ever heard of them.

>> I have heard of people on the go, but we are not working with them. I will make a note if you think that's a group we should talk to. Or the league maybe or probably shared support of Maryland.

>> Okay.

>> KEYONNA MAYO: I would love for us to do this again, and maybe we can do it in person.

>> I would love it.

>> KEYONNA MAYO: Maybe we can do it in person.

>> We would love that. That would be great.

>> KEYONNA MAYO: Yes.

>> And I will talk to Erin too.

>> KEYONNA MAYO: Yes, yes. It's always good to get these bodies moving.

>> Yes, indeed. Yes. So this is Create Calm, is that what it is?

>> M-hmm.

>> That's who we are. That's what we like to do, Create Calm.

>> That's good. Thanks.

>> MARY LYNN MELLINGER: We hope everybody is feeling a little calmer now.

>> KEYONNA MAYO: Yes, I am.

>> Are you familiar with my best social life or the League for People with Disabilities? Have you ever heard of the league?

>> I have heard of the league. I have not heard the other one.

>> You are very well connected.

>> Yes, I am. Have you ever heard of caring communities?
M-hmm.

>> You have?

>> Yes. Okay. Well, thank you.

>> Thank you all. Wonderful resources.

>> KEYONNA MAYO: Well, we would especially like to thank Lisa and Mary Lynn for joining us today and putting this wonderful, wonderful event together, and believe me, we will have you ladies back, and like I said, I would love to do this in person so I think that that would be the next step to do this.

>> Do you also work with people out of town also?

>> M-hmm.

>> You do? Because at my best social life is doubt of California, but they do help people all around.

>> MARY LYNN MELLINGER: Wonderful.

>> Yes, we can do that. I'm going to stop the recording. And wish you all a really super rest of your day. Thank you for making time to spend with us.

>> MARY LYNN MELLINGER: Thank you.

>> KEYONNA MAYO: Thank you. Have a great day, everyone!
Bye-bye.

>> You too, thanks.

(Concluded at 2:52ET).