

Shine Yoga Collective Video Guide

Listed most Recent to Oldest. ~ Updated April 13th

Meditation: Feeling Secure with Grounding with Annie Weisbrod

10 minute seated meditation, breath, and energy practice.

Good for beginners and beyond. Posted April 13.

<https://www.youtube.com/watch?v=nqpcdxCS4G0>

Slow and Steady Mixed Level Practice with Alodie Loney

90 minute full-spectrum yoga practice that moves you through all the basics of yoga asana (postures) with options to make it more or less challenging to fit your personal and daily needs. Includes centering, gentle warm-up, slow flow vinyasa sequences, standing poses with balance focus, seated postures to open the hips, and reclined postures to balance the practice. Posted April 12.

<https://www.youtube.com/watch?v=plBYFzVP5Kw>

Yoga Core Conditioning with Kate Noble

1 hour practice made with athletes in mind. Yoga Core Conditioning class promotes balance and coordination not just throughout the body but in the body-mind. Yoga warm-up with yoga-fusion core conditioning exercises, finishes with full-body stretch, contemplation on mental awareness & focus, and relaxation. Posted April 9.

<https://www.youtube.com/watch?v=DNSIW-XT8DM>

PreNatal Re-Balance & ReFresh Sequence with Kate Noble

This 40 minute practice was created specifically for the expectant mother but may also be helpful for anyone looking to enjoy an easy basic practice that focuses on balancing the major joints of the body to cultivate comfort and ease. Predominantly a standing practice, this class is designed to help promote good circulation of blood and lymph which is gently nourishing and energizing to the body and brain. Posted April 8.

https://www.youtube.com/watch?v=ItPN_bExNpQ

Peak Pose Practice with Kate ~ Jai Hanuman! with Kate Noble

This hour and twenty minute practice is designed for students who are fairly comfortable and enjoy inversions, backbends, and big full body stretches. Take good care and keep the ego in check as you build skills for these expressive yoga poses. Begins and ends with short meditations and relaxation. Posted April 8.

<https://www.youtube.com/watch?v=e5uqShlOvHQ>

Mantrasana - Restorative Yoga + Live Music #2 with Annie Bolling & Audrey Causilla

1 hour. Join Annie & Audrey for this beautiful opportunity to journey within into deep presence and heart expansion. Tune into the vibrations of mantra and blissfully center and recharge! Annie will guide a deeply nourishing restorative yoga class interwoven with the healing frequencies of sacred mantra from Audrey's chants and harmonium. Feel your body, mind and heart gently unwind in the poses as you bask in the vibration of the harmonium and Audrey's voice, and be lulled into the sweet support of sound! No experience needed. Posted April 8.

<https://www.youtube.com/watch?v=l10XoMLQQUs>

~ continues....

Cultivating Calm with Yoga & Lifestyle
Mini-Workshop Series with Annie Weisbrod
Posted April 5th

Class 1: Calming Down Part 1: Vagus Nerve Stimulation

10 minute talk. Background and practice tips for calming down, moving oneself out of the stress and anxiety (fight/flight) response. Learn basics of how stress and relaxation works in our nervous system, and exercises to better balance our responses to stress.

<https://www.youtube.com/watch?v=sN-D9IMRHng>

Class 2: Calming Down Part 2: Habits to Reduce Stress

12 minute talk. Background and recommended habits for calming down, reducing our stress and anxiety (fight/flight) responses. Learn basic steps for dealing with change and unexpected stress events like COVID-19.

<https://www.youtube.com/watch?v=uwUadmPRmvw>

Class 3: Intermediate Yoga, Calming with Vagus Nerve Focus

Easy to moderately difficult yoga poses, enabling us to become aware and stimulate our vagus nerve. This important part of our nervous system controls our rest/relax response (de-stressing).

<https://www.youtube.com/watch?v=J13hvsN1RHA>

Hanuman Flow with Erin Trentel

1 hour practice intermediate flow practice. Hanuman is the inspiration (and pinnacle pose!) along with lots of sweet deep work for the hips and legs. Enjoy! Posted April 5th

<https://www.youtube.com/watch?v=aCE1tRjqJw>

Mediation & Sitali Breath with Rob Dorgan

8 minute practice. The Sitali breath is designed to cool the body and still the mind! This meditation invites us to coordinate the breath with a slight movement of the head. Opening the mouth as if you were going to drink from a straw, form a circle with the tongue and place it at the lips - inhale. Close your mouth and exhale through the nose. Repeat. Add the head movement by slightly lifting the head on the inhale and lowering the head on the exhale. Posted April 5th

<https://www.youtube.com/watch?v=3LLkRE-aPOQ>

Meditation using Breath & Movement with Rob Dorgan

10 minute practice. In this short guided Meditation session, Rob leads us through a technique named the Metronome. It's a slow movement from left to center then to right and back to center. Always joining the breath with the movement. Posted April 5th

<https://www.youtube.com/watch?v=JjCUxPvfJ58>

Workout WITH Us! With the Noble Family

45 minute workout appropriate for many ages and fitness levels with lots of variations. Includes a yoga warm-up of sun salutes and basic stretches, a short resistance training section - if you don't have weights at home just use something heavy like a big book, yoga core and yoga stretch & relaxation finishes the session. Breathe deep, sweat a little, nourish your body with movement and ease. Posted April 4th.

https://www.youtube.com/watch?v=N_ALDH79mMM

~ continues....

Basic Yoga For A Pain In The Neck with Kate Noble

50 minute practice that begins with a little tutorial about the complexity of dealing with neck, shoulder, and upper back tension & discomfort. Move through basic exercises "every day" type movements & exercises to bring your upper body, head, and heart back into balance. Good for most levels of practitioners. Most standing postures can be done in a chair if needed. Ends with reclined postures and a deep relaxation. Posted April 3.

https://www.youtube.com/watch?v=pn_6izl-94s

Welcome the Day - Short Standing Flow with Kate Noble

Quick, easy, breezy practice designed to start your day off right. Center, ground, and grow to all that's possible for you today. Standing poses flow into each other in order to get your energy flowing well and your body, heart, and mind balanced in harmonic synchronicity. Enjoy the sights and sounds of a perfect spring morning in Cincinnati's Ault Park. Posted April 3rd.

<https://www.youtube.com/watch?v=8JD-9dnC8gY>

Align & Flow Classic Yoga with Felicia Hueber

1 hour full spectrum class. Mindfully flow with your breath through a full range of classic yoga postures. Good for fit beginners and beyond. Posted April 1.

https://www.youtube.com/watch?v=UjvC_xmpoPk

Gentle Classic Yoga / Beginners & Beyond with Becky Jauch

1 hour practice with focus on cultivating peace and well-being. After a sweet centering, learn and practice the "Lokah Samastah Sukhino Bhavantu" Mantra for universal well-being, move through an easy classic asana (posture) practice to bring balance and harmony to the body. Gentle in nature and in particular gentle on the knees. Posted April 1.

<https://www.youtube.com/watch?v=UgrEyY7X5vk>

The Works! A Big Old Dose of TLC ~ AstroLab: Cancer with Kate Noble

Posted on 3/31 ~ Long: 1 hour AND 50 minutes (includes time stamps so you can navigate to utilize your choice of 4 sections. A slow moving and nurturing practice with significant focus on legs, hips, low-back, feet and hands.

Physical Exertion Level: low to moderate

Complexity: moderate (to intricate in pt 3)

Pace: slow

Cueing (align/action/breath): Throughout

Bhav (general feelings of class): Nurturing, Introspective, Clearing, Calming, Relaxing

<https://www.youtube.com/watch?v=TXVvBjU-n1A>

Mantrasana Zoom #1

<https://www.youtube.com/watch?v=U1bQWCw9C3o>

Classic Yoga with Wendy Andersen 65 minute

<https://www.youtube.com/watch?v=VtQx6pIAUYc>

Classic Yoga with Wendy Andersen 40 minute

https://www.youtube.com/watch?v=iv7GuhYSm_k

~ continues....

Kids Yoga - "I am Strong" with Diane

Posted 3/31. This 30 minute class is appropriate for all ages. Flow through stretches, sun salutations, strong standing poses and end with slowing back down for a short savasana.

Physical Exertion Level: easy / moderate

Complexity: basic but fun!

Pace: slow mindful

Cueing (align/action/breath): throughout

Bhav (general feelings of class): centering, grounding, empowering, and fun!

https://www.youtube.com/watch?v=p_op7PVbbYM

Yoga with Heart Focus ~ with Annie Weisbrod

Posted on 3/30 90 minute class includes easy to moderately difficult yoga poses while focusing the mind's eye on feeling the heart space as a physical and emotional marker. We use focused attention meditation and deep breathing with poses to explore the anahata chakra, associated meridians, and prana/Qi/energy flow.

Physical Exertion Level: moderate

Complexity: moderate

Pace: slow / mindful

Cueing (align/action/breath): throughout

Bhav (general feelings of class): introspective, meditative, empowering

<https://www.youtube.com/watch?v=RrQcyKXejOw>

Meditation on Heart ~ with Annie Weisbrod

Posted on 3/30 12 minutes. Guided meditation with imagery to become more aware of the physical and emotional functions of the heart, and expand its opening.

Physical Exertion Level: easy

Complexity: basic

Pace: seated meditation

Cueing (align/action/breath): throughout

Bhav (general feelings of class): centering, introspective, meditative, calming, inspiring

<https://www.youtube.com/watch?v=0SuBAhmUMGo>

Let It Go ~ Slow Grounded Flow with Kate Noble

Posted on 3/30 50 minute class. Sequence created to unwind & release tension particularly in low body.

Physical Exertion Level: easy (as long as you are comfortable in hands & knees position)

Complexity: basic

Pace: slow

Cueing (align/action/breath): throughout

Bhav (general feelings of class): centering, grounding, calming, stretch-y, relaxing (mostly good for pre-natal students)

<https://www.youtube.com/watch?v=JOvPzzGCz3I>

Intermediate Aha! Flow with Erin Trentel

Posted on 3/28 • 1 hour class. This intermediate flow taps into the big practice of filling up and emptying out! Taught with alignment cues and some modifications, this one will get you sweaty;) Enjoy!

Physical Exertion Level: moderate / vigorous

Complexity: moderate

Pace: moderate mindful

Cueing (align/action/breath): throughout

Bhav (general feelings of class): centering, energizing, empowering, balancing

<https://www.youtube.com/watch?v=cZgfDjFG7hY>

Self Care is Not Selfish - Basic Yoga with Becky Jauch

Posted on 3/28 • 1 hour class. Full spectrum & balanced basic yoga practice.

Physical Exertion Level: easy / moderate

Complexity: basic

Pace: slow mindful

Cueing (align/action/breath): throughout

Bhav (general feelings of class): centering, grounding, calming, empowering, balancing

<https://www.youtube.com/watch?v=xrXHWjFMWE4>

Yogalates with Jo Griffith

Posted on 3/28 • 1 hour class. Full spectrum & balanced basic yoga practice.

Physical Exertion Level: easy / moderate

Complexity: basic

Pace: slow mindful

Cueing (align/action/breath): throughout

Bhav (general feelings of class): centering, grounding, calming, empowering, balancing

<https://www.youtube.com/watch?v=D4Ru5BUkUnM>

Mantrasana with Annie & Audrey

Pre-filmed 75 minute class ~ Join Annie & Audrey for this beautiful opportunity to journey within into deep presence and heart expansion. Tune into the vibrations of mantra and blissfully center and re-charge! Annie will guide a deeply nourishing restorative yoga class interwoven with the healing frequencies of sacred mantra from Audrey's chants and harmonium

Physical Exertion Level: gentle / easy

Complexity: simple

Pace: mostly still / seated / reclined

Cueing (align/action/breath): just enough to get you into a place to relax

Bhav (general feelings of class): calming, grounding, relaxing, nurturing

<https://www.youtube.com/watch?v=2eI20ELMj78>

Rise Above! Int/Adv Inversion & Backbend Practice Capricorn Class with Kate Noble

75 minute Int/Adv class "work-shopping" inversions and upper backbends with a little bit of flow to get your energy moving. Major actions: core stability & strength, shoulder integration (flexibility & strength), calm focus, balance, centering, grounding, defying gravity & rising above challenges by remembering and tapping into your inner support systems. Posted March 26th. <https://www.youtube.com/watch?v=OWkBBIcHtY>

Rise Above Contemplation & Relaxation with Kate (included on Rise Above class - fast forward to 1:02 on the time stamp.)

This class also includes a meditation/contemplation/relaxation centered around rising above challenging situations. If you aren't up for the inversions but feel called by the theme - skip ahead to 1:02 on the video.

Gentle Reclined Stretch with Kate Noble

15 minute on the floor stretch & relaxation/meditation. Link this class with the Gentle Standing Stretch & Breathe with Kate Noble for a complete practice. Using a yoga strap, scarf, or belt may be helpful for some of the postures offered in this sequence. Posted by March 25th. <https://www.youtube.com/watch?v=26uG0CnM1Jg>

~ continues....

Gentle Standing Stretch & Breathe with Kate Noble

This is 12 minute standing sequence using the wall or the back of a chair for balance support and traction for some of the stretches. For a longer and more complete yoga practice add-on Gentle Reclined Stretch with Kate Noble from our YouTube channel (listed above). Posted March 25th. <https://www.youtube.com/watch?v=bJuu3swdElc>

Shine Yoga Basics with Becky Jauch

One hour basics class accessible to most yogis.
<https://www.youtube.com/watch?v=mdSMHiGsynw>

Grounded & Centered In Gratitude ~ Open To Life with Kate Noble

This 40 minute class was created to acknowledge and work through the feelings that many of us may be feeling as we face unprecedented challenges. This video was created to center, ground, and open to the mystery of life with gratitude as a keystone to living truly, fully, openly, and ultimately - joyfully - even in challenging times. This video is created with gratitude and love for all the bright lights shining in murky times. This is a predominantly standing and reclined pose practice and is offered without sun salutes so it is accessible for most people.

Posted March 22. <https://www.youtube.com/watch?v=U4Y7yCYTkY8>

This video was created as a dedication to the angels who are supporting our studio and our community at this time, thank you so very much!

Grounding Slow Flow with Erin Trentel

One hour practice inspired by the Citta Vrittis! This slow flow heats us up and grounds us, by working large muscle groups in a slow & steady flow. This class is loaded with alignment cues, all from the comforts of my kids' playroom. Enjoy! Posted March 24. <https://www.youtube.com/watch?v=jJGGNqQzbkw>

Grounding Yoga with Annie Wesibrod

90 minute practice. Class 1 in a series teaching basic prana/energy practices with Empowered & Embodied Yoga. Grounding practices center and balance the physical, emotional, and mental systems of the body. This helps us feel more secure, safe, and supported. Class has meditation, easy to moderately difficult poses, appropriate for advanced beginner through adept yoga students (those familiar with safe pose alignment). Posted March 22 <https://www.youtube.com/watch?v=cqlth5XKy8c>

Deep Breathing & Meditation with Annie Weisbrod

10 minute guided meditation is intended to help improve awareness of breathing pattern and deepen diaphragmatic breathing. This short practice is foundational for our empowered & embodied yoga classes, as well as for everyday life. Posted March 22

https://www.youtube.com/watch?v=qv45_sazqTY

Family Friendly Basic Circuit Tutorial & Quick Full Body Stretch

This 30-minute video offers a family friendly circuit workout which requires little or no fitness equipment. You can follow along with this video but more than that it's intended to give you ideas about how you can create your own circuit workouts at home. Posted March 21

<https://www.youtube.com/watch?v=XSxjX7w3t-s>

~ continues....

The Works!* Practice ~ First Day of Spring Edition - with Kate Noble

*The Works is one of Kate's signature classes designed for practitioners who want to include the deeper dimensions of yoga in their practices. This practice is best for experienced practitioners and offers variations to make the practice more or less challenging based on your needs, goals, and capacities. This practice includes a short discussion about yoga philosophy, incorporates yoga mythology, includes meditation & breath practices, moves through preparatory poses and actions that lead towards the "lord of the dance" posture Natarajasana. Posted March 20th.

<https://www.youtube.com/watch?v=QD-iyVygCH8>

Nurturing Yoga with Kate Noble - Astro Series Pisces

30 minute on the ground gentle stretch & relax practice. This Pisces themed practice is relaxing, fluid, dreamy, stretchy, and expansive. Reclined practice to increase mobility and release tension in hips, legs, and low back. Posted March 18

<https://www.youtube.com/watch?v=yw33K6Fc7Yk>

Power Yoga with Kate Noble - Astro Series Aries

40 minute Vinyasa Flow practice Int/Adv at a mindful but quick-ish pace. Aries energy is powerful, potent, creative, and brave. This is the class if you've got energy to burn. Posted March 18

<https://www.youtube.com/watch?v=7VzL0UFDjA>

Gentle Yoga with Kate Noble - Astro Series Taurus

40 minute practice. Slow, sweet, gentle, nurturing, basic practice for a wide variety of people. Good for first morning practice, stand alone (fairly) gentle practice, extended warm-up, also good for pre- and post-natal practice. Posted March 18.

<https://www.youtube.com/watch?v=NywgUeSrsyw&t=495s>

Yoga for Athletes led by Kate Noble

40 minute practice with focus on core balance & strength, flexibility, and the mind-body connection. Posted March 16th. <https://www.youtube.com/watch?v=yUxgoQOvUjI>

All Levels Everyday Basic Yoga led by Kate Noble (our premier video!)

This 30 minute practice was created to offer a little something for everyone. This mindful align & flow practice is also adapted in a chair yoga sequence.

<https://www.youtube.com/watch?v=Rj8hWXCZL5o>