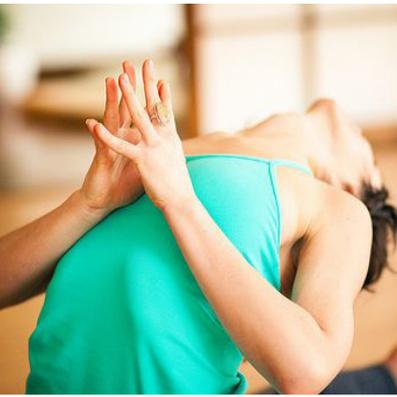


# The YogaDownload.com 7-Day Heart Opening Program



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# Welcome to the YogaDownload 7-Day Heart Opening Program

Open yourself up to embrace and accept the love that surrounds you!

Life has its way of wearing down the open, receptive, youthful spirit we are all born with. This 7-Day Heart Opening Program includes daily yoga classes and meditations that will release tightness and tension in your chest, making you feel lighter, happier, and more open to receiving the love that surrounds you.

When we feel down or generally closed off to the world, our shoulders tend to droop and round forward, closing off the entire front line of our bodies. Heart opening poses work to spread the collar bones, expand the chest muscles, and open the front of the shoulders to allow lightness, and joy to flow into the heart space.

Use this 7 days of intensive yoga and meditation practice to reconnect with yourself, let go of stored baggage that may be holding you back, restore your inner grace, lift your mood and spirit, and give yourself some extra love. You deserve it!

## What you will get from this program:

- 🌸 Reinvigorate your mood and spirit
- 🌸 A deep release from the tightness and tension in your chest and shoulders
- 🌸 Better posture and alignment
- 🌸 A flood of space, lightness, and joy into the heart!

## The Classes:

Below are the list of daily yoga classes and meditations for this program. Do each class and meditation on the indicated day - it's up to you whether you do the meditation or yoga class first or last. Listen to your body and choose what works best for you each day.

## The Gear:

You will need a yoga mat and comfortable clothing for these classes.



# Day 1 Yoga Class

## Open Heart Flow w/ Jackie Casal Mahrou

| 70 min |

This class will warm your heart in so many ways! With Jackie's encouragement you will connect to joy, passion and grace as you flow through a warming sequence of backbends, lunges, and thigh opening postures that prepare you for One Legged Wheel Pose, Eka Pada Urdhva Dhanurasana. Throughout class, Jackie invites you to reflect upon what you love so that you can have a joyful and heart-centered yoga experience.



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# Day 1 Meditation

## The Power of Your Intention w/ Nancy Nielsen

| 15 min |



Unlock the power of your intention! This meditation will help connect you to your heart's desire and purest intention, while grounding you in gratitude. This is perfect for anyone in need of some inspiration! You will finish feeling grateful, centered and inspired by your intentions.



## Day 2 Yoga Class

### Hearts Wide Open w/ Dana Damara

| 45 min |

"An open heart is an open mind." - Dalai Lama XIV

Feel rooted in your physical body, quiet in your mind, and one with your breath. It is from this place of groundedness and stillness that you can experience your own heart, wide open. This gentle flow incorporates backbends to fully open the chest and allow for full expression and expansion of the heart space. Suitable for any level or ability, this practice will leave



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## Day 2 Meditation

### Heart Center Meditation w/ Sally Kempton

| 15 min |



A guided meditation based on practices in Sally's Opening the Heart workshops. This 15-minute Heart Center Meditation can be used for daily practice or for centering in times of stress



## Day 3 Yoga Class

### The Joyful Heart w/ Kristin Gibowicz

| 60 min |

There is a Proverb saying, "The joyful heart is good medicine, but the crushed spirit dries up the bones." It is our intention to meditate on things that bring us joy, to physically open ourselves up to the good medicine a yoga practice brings and spiritually let go of the things that crush or even dull our spirits. Join Kristin for this motivating, heart pumping flow sure to make your bones happy!



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## Day 3 Meditation

### Body Scan Relaxation w/ Ananga Sivyer

| 15 min |



The Body Scan is a popular relaxation exercise where you run your mind over your entire body, relaxing each and every part as you go. This recording is designed to guide you through the experience with complete support and help you enter into a comfortable place of deep relaxation.



## Day 4 Yoga Class

### Bound Wild Thing - A Heart Opening Experience w/ Kyle Weiger

| 50 min |

This class is an exploration of Camatkarasana (Wild Thing) with a fun bind that will test your balance. To truly open the frontline of the body, we work all the way from the tops of your feet to the top of your head. This class will leave you feeling energized, vibrant, and you might even smile a few times. By focusing on small adjustments in shoulder placement, you'll find that you can add a layer of depth to your Wild Thing, and even do so with one leg lifted!



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## Day 4 Meditation

### Yoga Nidra w/ Celest Pereira

| 25 min |



We are so tightly wound up in our daily lives! Relief is on the way: this yoga nidra is a soft, relaxing meditation that will help you unwind every part of yourself, on every level of your being. We will cultivate a deep state of softness that will give you a platform from which you can create positive changes in your every day life. Relax and enjoy!



## Day 5 Yoga Class

### Strength Through Vulnerability w/ Lisa Richards

| 45 min |

Often times, vulnerability is associated with weakness. Contrary to this association, allowing ourselves to be vulnerable--in life and in yoga--builds strength in body and spirit and creates openness in our bodies and minds. This class focuses on opening the psoas muscle to create space in the heart and spine.



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## Day 5 Meditation

### Embrace Your Inner Calm w/ Channing Grivas

| 25 min |



Throughout this guided meditation, Channing guides you to a serene place of stillness within you, allowing you to ease into serenity and silence. You

will gradually dive into increments of silence to enhance your mental clarity, quiet your mind, and connect to the peace within you. This meditation will leave you feeling calm, grounded, and centered. entire body.



## Day 6 Yoga Class

### Full Wheel - Saying Yes from Your Heart w/ Rob Loud

| 80 min |

Working into full wheel (urdhva dhanurasana), this class focuses on strengthening and opening the regions surrounding and protecting our hearts. By softening the "armor" often created when life tells us "no," we are able to embody this postural expression that says "yes" to ALL that life contains!



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## Day 6 Meditation

### Hopefulness Meditation w/ Ron Alexander, PhD

| 5 min |



Through Dr. Alexander's unique teaching techniques he can help you navigate through a sea of self-limiting thoughts and transform unwholesome beliefs. The Buddha said that to find satisfaction, creativity, and vitality you must direct your attention to achieve a deeper and more meaning life, one dedicated to an extraordinary cause or endeavor and a life simply lived with a deep sense of Zen awareness and openness to both the known and the unknown.



## Day 7 Yoga Class

### Flow for a Grateful Heart w/ Christen Bakken

| 50 min |

Every season is a great season for gratitude. In this well-rounded sequence, we will shift and move energy with a balance of forward folds, twists, and side-bends. We will balance on one leg and on our hands, only to conclude with an offering of the heart in a strong back-bend series. While a grateful heart may arrive on one breath and leave on the next, we will create collective energy honoring the space of abundance and freedom and remember that all of this is physical and spiritual practice, not perfect. Expect to move and be moved.



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## Day 7 Meditation

### Awakening to the Peace Within w/ Give Back Yoga Foundation

| 30 min |

Learn the stress-relieving practice of Yoga Nidra from yoga master Rod Stryker. Yoga Nidra is a systematic method used to prepare both mind and body for deep rejuvenation and heightened awareness. Regular practice of Yoga Nidra fosters deep relaxation and can be an effective process for self-healing and shaping your destiny. All you do is listen as you are guided through an array of powerful techniques (physical relaxation, breath awareness, visualization), culminating in deeper states of insight and relaxation.



# Congratulations! You Did it!

Way to go!! You worked hard and it has paid off! Now you're refreshed, open, and ready to receive and give love in ways you couldn't imagine before! Be sure to keep this incredible feeling of openness by maintaining a regular yoga and meditation practice.

... For more amazing classes in a wide range of styles, lengths, and levels taught by world-class instructors, visit our ever-growing library at [YogaDownload.com](http://YogaDownload.com)!

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