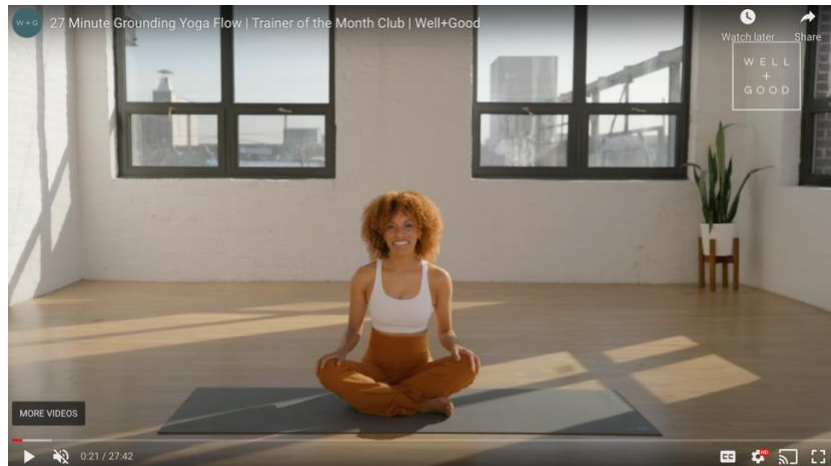


WELL + GOOD

[This 30-Minute Yoga Flow Will Unwind Your Muscles and Quiet Your Mind](https://www.youtube.com/watch?v=aJcZ8od5dG8)

By: Kara Jillian Brown

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This segment aired on 5/2/22: <https://www.youtube.com/watch?v=aJcZ8od5dG8> (27:42 minutes)

When your brain is going a million miles a minute, it's good to take some [deep breaths](#), slow down, and get rooted with the Earth again. During this week's episode of *Trainer of the Month Club*, that's exactly what you'll do, as yoga instructor [Pilin Anice](#) takes us through a 30-minute grounding yoga flow to help you feel more centered.

"As we think about grounding, it's this opportunity to let whatever is kind of up and moving in our bodies to begin to settle," says Anice, who is an [Ailey Extension](#) instructor, [Mirror](#) trainer, and [Lululemon](#) ambassador. "That might be thoughts, that might be [energies](#) that you're holding on to. So let each breath that you take be an invitation to soften more, to release more, to ground more."

During this video, you'll focus a ton on your breath, calming your body and your mind before heading into some gentle movement. This flow isn't about moving fast and building a ton of heat. Rather, you're taking things slow and reconnecting with your mind and body.

"When we make space for grounding, for rooting it's that planting and that idea of stretching our roots down into the support of the Earth that can help us to weather any storms that arise, anything that feels like it's taking us off-center," says Anice. "We can come back to our breath, back to that which grounds us, back to this support that's within us all when we take time to slow down."

Flow with Anice by hitting play on [the video above](#).

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