

Fidelity Connects

Invested in Wellness

Jessie Sarafian

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Jessie Sarafian: Hello and welcome to The Upside, Invested in Wellness. I'm Jesse Sarafian and welcome to your 30-minute wellness break. Today I want to take you through a Vinyasa flow which means we're going to be linking our movement with our breath to generate heat in the body so we can start our day and our week strong. I don't know where everybody is right now but in my area it is currently +30 degrees, so if you want to take your practice outside and have a very own hot yoga class, feel free to do that as well. Before we get started, I want to remind everyone to please consult a doctor or medical practitioner before starting any program.

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We're going to switch things up. We're actually going to start standing today. Stand up nice and tall, separate your feet so they're hip-width apart, spread out all of your toes, lift all of your toes off of the mat to start and then spread them wide. So with your baby toe, fourth, middle and then your big toe all the way down. Rest your hands by your side. Close the eyes for a moment. Root down through your heels and balance through all four corners of your feet. You can lean slightly to the left, to the right, forward and back until you find that centre. Bring your attention to your core. Draw the navel in slightly. Begin to take deep breaths in and out through the nose. Soften your shoulder blades down your back, reach up through the crown of the head, stand up nice and strong. Starting in Mountain Pose, bringing your attention to your space and just feeling strong to start our practice, start our day, start our week. Take a deep breath in, then open the mouth, let it go.

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Gently opening the eyes, soften the arms, from here on an inhale, you're going to lift your shoulders up towards your ears and then exhale, roll them down and back. Inhale, shoulders come up and exhale, down. One more time, inhale, shoulders come up towards your ears and then exhale, down and back. We'll switch directions. Inhale, back and up, exhale, forward and down. Two more times like that. Inhale, back, exhale, forward and down. Inhale, shoulders come back and up and exhale, forward and down. Still keeping your feet hip-width apart start to reach the arms up to the side and back, just making big circles with your arms. Waking up the body, waking up the shoulders, breathing deeply. As the arms come up, open the chest, reach the arms back. One more round like this and then switch directions.

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Arms come back, forward and down. Staying with your breath. One more round like this and then release. From here you're going to shift your weight over onto your left foot. I'll turn this way so you can see me, and you're going to hug your right knee into your chest. Stand up nice and tall, take an inhale in through the nose and then exhale, pulling that right knee in closer. Softening your shoulders, reaching up through the crown of the head. Standing leg is nice and strong and with balancing, just focusing on a point on the floor or in front of you that's not moving. Keeping the right knee bent, slide that right hand down your leg, reach for your ankle and then bring that leg behind you. Bring your thighs together, feeling that deep quad stretch here. Try to avoid leaning back or forward, stand up, nice and tall. Rooting down through that left heel. Take one more breath here and then release, right foot down and we'll switch sides.

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Shifting your weight over onto your right foot, hug your left knee into your chest. Stand up nice and tall. Take an inhale in through the nose, exhale, bringing that left knee in closer. Softening your shoulders, relax the muscles around your face, your jaw. Keeping that knee bent, slide your left hand down towards your ankle and then reaching that heel back, bringing your thighs together and hold here. Staying with your balance, feeling that stretch into the top of your left thigh. One more breath and then release, left foot down. Come back to your feet hip-width apart, bring your hands onto your hips. From here, inhale, come high onto your tippy toes, lift your heels off of the mat and then exhale, drop your heels back down. We'll do that four more times. Inhale up, exhaling down. Inhale, exhale. Two more, inhale up, exhale down. One more time, inhale and exhale.

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From here, inhale, sweep the arms up, interlace your fingers, extend your palms up towards the ceiling, dropping your shoulders. Take an inhale in through the nose and then exhale, stretch to the right. So your left shoulder is opening, gaze is forward, chin away from your chest. Inhaling back up and then exhale, stretching to the left side. Inhale to centre and then exhale, release the hands and then just shake it out, your hands, your feet, your legs and then let's start.

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You're going to come towards the top of your mat, separate your feet so they're hip-width apart. On an inhale, sweep the arms up and over your head. As you exhale, bend your knees deeply, fold forward. Take a deep breath in, come up halfway, lengthen the spine, reach your heart forward. As you exhale, bend your knees deeply and fold over your legs. Inhale, rolling up to stand nice and slow, head comes up last. Inhale, rise up, reaching the arms up and over your head, palms come together and then exhale, hands together in front of your heart. We'll do that two more times. Inhale, sweep the arms up. As you exhale, bend the knees, fold forward over your legs. Inhale, come up half-way, lengthen the spine. Exhale, bend the knees and hold. Inhale, roll up to stand, nice and slow. Sweeping the arms up and over your head, palms come together, gaze up and then exhale, hands together in front of your heart.

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One more time like that. Inhale, arms reach up and over your head, exhale, bend the knees deeply, fold forward. Inhale, come up half-way, flat back, exhale and fold. Inhale, rolling up to stand, nice and slow, sweep the arms up, palms come together, exhale, hands together in front of your heart. Adding on now, inhale, sweep the arms up, as you exhale, hinge from your hips, fold forward over your legs. Take a deep breath and come up half-way, lengthen the spine. As you exhale, bend your knees deeply, bring your hands to the ground, step back into Plank Pose. Take an inhale in plank and then exhale, shift forward and lower, Chaturanga. Inhale, Upward Facing Dog, lifting the heart up and then exhale, back over your toes, Downward Facing Dog. Take a deep breath in, deep breath out.

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Feel free to bend your knees deeply, make any necessary movements to feel comfortable. Put more weight back into your heel so less weight is in your hands. Shake out your head, no tension in your neck, let it go. Shoulders away from the ears. Take one more deep breath in Downward Facing Dog and then lift your heels up high, look forward, bend the knees. You can lightly hop or step to the top of the mat. Take an inhale, come up half-way, exhale and fold. Inhale, rise up to stand, sweeping the arms up, palms come together. As you exhale, come right back into your fold, moving with your breath. Inhale, come up half-way, exhale, bend your knees deeply. Bring your hands down, step back into Plank. Inhale, Plank, exhale, lower, Chaturanga. Hug your elbows in. Inhale Cobra or Up Dog, lifting the heart and then exhaling back, Downward Facing Dog. Take a deep breath in, deep breath out.

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At any time throughout your practice you can always drop your knees resting in Child's Pose. Again, listening to your body. We're going to do a continuous flow here, so at any time you need a break feel free to drop your knees and rest. Take one more deep breath in and then lift your heels up high, look forward, bend the knees, step or hop top of the mat. Inhale, come up half-way, exhale and fold. Inhale, rise up to stand, sweeping the arms up, exhale, fold forward. Inhale, come up half-way, flat back. Exhale, bend your knees, plant your palms, step or jump back and then lower, Chaturanga. Inhale, Upward Facing Dog, exhaling back, Downward Facing Dog. Let's take five deep breaths here for one. Again, you can rest Child's Pose. Two, three, four and five. Lifting your heels up high, look forward, bend the knees, step or hop top of the mat. Inhale, come up half-way, exhale and fold. Inhale, rise up to stand, reaching the arms up and then exhale, hands together in front of your heart.

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Take a moment. Find your breath. We're going to add on here. Bring your feet together, heels together, thighs together. You're going to bend your knees and then inhale, sweep the arms up coming into Utkatasana, Chair Pose. You're imagining you're sitting back into a chair, tuck your tailbone under, lengthening the spine and make sure you can see your toes, so try to put more weight back into your heels. Arms reaching up, extend out through your fingertips, strong arm, strong legs. Inhale here and then exhale, straighten your legs, fold forward. Take an inhale, come up half-way, lengthen the spine and then exhale, bend your knees deeply, bring your hands to the ground, step back to Plank. Inhale, Plank, exhale, Chaturanga. Inhale, Upward Facing Dog, exhaling back, Downward Facing Dog.

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From Downward Facing Dog, bring your feet together and then inhale, stretch your right leg all the way up into the air. As you exhale, draw your right knee to your chest and then round into the back. Inhale, swing your right leg all the way back up and then exhale, knee to your chest again. Come forward, one more time like that. Inhale, stretch your right leg up, exhale, knee to your chest. Inhale, right leg comes up and then look forward, step your right foot forward between your hands. If your foot doesn't reach, just grab your ankle and step it forward. Stay on the ball of that left foot, come on to your fingertips and then take an inhale, lengthen the spine, reach your heart forward. As you exhale, sink a little bit deeper into that front knee. Focus on a point and then when you're ready walking your hands up your front knee, onto your thigh, bring your hands onto your hips.

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Steady your balance and when you're ready, inhale, sweep the arms up. Reach up through your fingertips and soften your shoulders, strong in your arms, strong in your legs. Deep breaths in and out through the nose. From here, take an inhale and then exhale, turn your back heel in and then open up into Warrior 2. Your torso is facing the left side, your gaze is over your right fingertips. Strong arms, keeping that lunge into your right knee and then turn your right palm up, reach it up and over your head, coming into reverse Warrior. Opening the heart, keep bending into that front knee, take an inhale here and then exhale. Windmill your hands all the way towards the top of the mat, step back, Plank Pose and then exhale, Chaturanga. Inhale, Upward Facing Dog, exhale back, Downward facing dog. Take a deep breath in, deep breath out.

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Lifting your heels up high, look forward, bend the knees, step or hop top of the mat. Take an inhale, come up half-way, exhale and fold. Bend into your knees again, inhale, sweep the arms up, come back into Chair Pose here and hold. Feet

together, heels together, thighs together. Bend the knees, sink the hips a little bit more here. One more breath and then straighten your legs, fold forward. Inhale, come up half-way, exhale, bending your knees, plant your palms, step back, Plank. Inhale, Plank Pose, exhale, Chaturanga. Inhale, Upward Facing Dog, exhaling back, Downward Facing Dog. From here bring your feet together, inhale, stretch your left leg all the way up into the air and then exhale. Bend the left knee, bring it into your chest, come forward. Inhale, swing your left leg all the way up and back, exhale, knee to your chest.

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One more time. Inhale, stretch the left leg up. Exhale, knee to your chest. Inhale, left leg comes all the way up, look forward, step your left foot forward between your hands. Coming into a lunge with your left knee out in front of you. Back leg is strong, stay on the ball of that right foot and come on to your fingertips. Take an inhale, lengthen the spine and exhale, sink deeper. Focus on a point, walk your hands up your front knee, onto your thigh, bring your hands onto your hips. Focus on a point, when you're ready, sweep the arms up. Softening your shoulders, stay strong here with your arms and your legs. Take an inhale here and then exhale, turn your back heel in, open up into Warrior 2. Keeping that lunge into your left knee, stretching the arms out to the side and gaze over your left fingertips. Deep breaths. From here turn your left hand up and then sweep your hand up and over your head, coming into reverse Warrior.

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Keep bending into that left knee, opening the chest and then windmill your hands all the way towards the top of the mat. Step back, Plank and lower, Chaturanga. Inhale, Upward Facing Dog, exhale, back, Downward Facing Dog. Let's take five deep breaths here for one, or rest Child's Pose, two, three, four and five. Let's come on to our knees, bring your big toes together, separate your knees wide. This time bring your arms alongside your body and soften the head. Melting your heart down, softening your shoulders, bending at the elbows, relax the hands. Just take a moment here to breathe into your front, your side and your back body. One more breath here and then slowly reaching your arms out in front of you, walking them in, coming up slowly, sitting back onto your heels. Your head comes up last. Bring your knees together, shift your hips to one side and then reach your legs out in front of you.

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Come towards the top of your mat so you have enough space behind you and then you're going to bend your knees, come on to your big toes and then bring your hands underneath your knees. This can be your pose right here. Sit up tall, try to avoid rounding into your back, chest is lifted. First variation is here, for those of you that want to go deeper maybe lift your legs up to tabletop but still maintaining that nice flat back, chest is lifted. If you want to go deeper, maybe bring the arms by your side. Spread out through your toes, lift the heart. Let's hold here for one, two, three, put a little smile on your face, four, five, six, stay with your core, seven, eight, nine, nine and a half, and ten. You're going to flex your feet, push out through your heels and then start to lower down slowly, nice and slow, all the way down to the mat.

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Once you come all the way down, shake out your legs, reach your arms up and over your head. Take a deep stretch out to your fingers, out through your toes, get nice and long. Take a deep breath in and then open the mouth, let it go. Bending your knees, placing your feet on the mat, feet are hip-width apart and then arms are by your side. Your knees are right over your ankles, arms by your side. Push into your heels and then on an inhale, you're going to lift your hips up. Just one breath here and then exhale, lower down. We'll do that four more times. Inhale, lift the hips, exhale, lower. Inhale, hips lift, chin away from your chest, exhale, lower. Two more, inhale, hips lift, exhaling, lower. One more time. Inhale and exhale. So now we're going to add the arms here.

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On an inhale you're going to lift the hips and at the same time reach your arms up and over your head. Gaze is up, chin away from your chest. As you exhale, lower your hips down, bring your arms back down by your side. Four more times like that. Inhale, hips lift, reach the arms up and over your head, exhale, lower down, arms come back down by your side. Three more, inhale, hips lift, reach the arms up and over, exhale, hips come down, arms down by your side. Moving with your breath. Inhale, hips lift, reach the arms up and over, exhale, lower down, arms by your side. One more time, moving with your breath. Inhale, hips lift, reach the arms up and then exhale, hips come down, arms down by your side. From here, bring the soles of your feet together and let your knees fall open to the side. Rest your hands on your thighs, just encouraging that area to soften here. Soften the back of your neck, relax the shoulders and bring your attention to your hips.

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Long, deep inhales and long, smooth exhales. One more breath here and then slowly using your hands, bring your hands underneath your knees to draw your knees together and then bring your knees into your chest. Wrap your arms around your legs, gently rock from side to side, massaging into your low back. Hug that right knee into your chest, extend your left leg all the way down onto the floor. Take an inhale here and then exhale, pull that right knee in closer. Keep that left hand on your right knee, right arm out to the side and then gently rock and twist, bringing that right knee over towards the left. Keep that right shoulder grounded onto the floor, coming into a gentle spinal twist. Turning your head in whichever direction that feels comfortable for your neck. Slowly come back to centre and then switch sides. Hug that left knee in, extend your right leg all the way down onto the floor. Inhale in through the nose and exhale, pulling that knee in closer.

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Right hand on your left knee, left arm out to the side and then bringing that left knee over towards the right, softening that left shoulder down, continuing to breathe deeply in and out through the nose. Come back to centre. Bring both knees into your chest, give your knees a big hug. Lift the shoulders, lift the head up, draw your nose towards your knees, squeeze everything together and then slowly release your head down. Extend your legs all the way down onto the floor. Separate your feet as wide as the mat, arms alongside your body, palms facing up. Coming here into final relaxation, Shavasana. So using this time to let your body take in the work that you did. Soften from the crown of the head all the way down to your toes. Clearing the mind, releasing all of your thoughts and just staying present here being at peace with yourself.

[00:28:07]

Staying lying down, I'll read today's meditation by Melody Beattie's, Journey to the Heart. So today's message is open your heart. An open heart feels all it needs to feel. Cry when it hurts. At the end of your tears you will see more clearly. Tears clear our eyes and our heart. Cry whenever you need to. Laugh often, as often as you can. Laugh with friends. Laugh out loud. The discoveries, the growth, the insights, the closeness, the sharing, the learning, don't have to be such serious, sombre events. Truth is discovered most often in laughter. Bonds are formed. Love becomes unveiled. Cry a lot, laugh a lot. Let life reveal its mysteries to you. Let love find you, course through you. Touch all you meet through your laughter and tears. The fortunate person is not the one who wins the lottery, that's luck. We find fortune when we open our hearts and learn the secret of life. Laughter and tears are the sign of an open heart.

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Just take a moment here to bring your attention back to your breath. Taking deep inhales and exhales in and out through the nose. Start to wiggle your fingers and your toes, bring small movements back into the body. Slowly bring your legs together, reach your arms up and over your head, take a deep stretch out through your fingers, out through your toes, get

nice and long. Take a deep breath in, open the mouth, let it go. Bend your knees, place your feet on the mat, gently roll over onto your right side, staying here for a moment and then using your left hand to slowly push yourself up and come into a comfortable seated position at the top of your mat. Bring your palms together in front of your heart, sitting up tall. Taking this opportunity to thank your body for the work that you did today. I want to thank you for taking the time to practice and sharing your energy with me. Have a wonderful day. Namaste.

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Thank you so much for practicing. Next week, we're back on our mat again where I'll take you through a class designed for neck and shoulder pain. Thank you for practicing. Have a wonderful day. Take care.

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