

Yoga Free Flow

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Yoga free-flow is yoga postures, flowing dance movement and soulful music combined together to produce a beautiful practice that is physically challenging, mindful and full of heart and soul. Yoga free-flow is designed for the seasoned yoga participant that has a good base of the yoga postures and yogic breathing and wants to take the physical side of yoga to another level while maintaining both the spiritual and mental benefits yoga provides

Components of Yoga free-flow Class

- ⇒ Centering
- ⇒ Isolation warm-up
- ⇒ Circulatory warm-up
- ⇒ Spinal warm-up
- ⇒ Flow combinations that balance all muscles groups and joint movements
- ⇒ Relaxation
- ⇒ Meditation

Teaching Components of the Class

- ⇒ Appropriate music use
- ⇒ Safe and effective transitions
- ⇒ Mirror Imaging
- ⇒ Muscle balance
- ⇒ Balance within the plans of motion

Yoga Free-Flow

Centering

Bring the body to stillness and breath. Focus on the lengthening of the spine from the tailbone through the crown of the head creating a long energetic extension. Bring the focus into breath, bringing the oxygen into the central nervous system and the brain creating clarity and presence.

Track One

This track moves into isolation work for the neck, shoulders and spine. Focus on the flow of the song instead of the beats and massage the body into each movement.

Track Two

Combine a Ha exercise with the balance of sunbird to increase blood flow and body awareness in space. This track includes movement, stillness and then length to create space in the body.

Track Three

I love this track. It combines two versions of breath of fire and feels like flying.

Track four

This is perfect for ½ and full sun salute. Feel the flow of the music and let your wings take flight during the Jackknife and Mountain

Track five

The mountain and half moon made up this flow, with a body circles that releases the energy of the two postures.

Track six

Transition from Warrior One into kneeling Warrior and the move upward and back into one leg seated crane, creating space before sitting. Transition into pigeon and then seated spinal twist with a continued flow. This combination moves in so many directions and can be expanded to a much longer time frame if holding the postures.

Track seven

The strong dance beat offers the grounding for the tree, airplane and standing locust and the sweeping overtones of the remix bring the flow into the combination

Track eight

Start in child pose, progress forward into baby cobra then move as the body is guided the control of the abdominal into a modified camel, return to child and then press into downward dog. (Add full hip circles) The movements are mindful and create power and grace as each sequence moves deeper into the postures

Track nine

Move out of the bridge into full butterfly stretch. This track rocks you into savannas and creates a feeling of openness and spaciousness.

Track ten

A great track that combines the focus of controlled breath with a release in breath that creates the feeling of floating. This track moves the body into deep relaxation and enhances meditation

Meditation

This section will incorporate a meditative technique that combines using the sense of internal touch and third eye vision to experience the transformation and flow of energy in the body.

Thanks for flowing!

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