

Power Flow: Breastplate of Righteousness

Scripture: “So above all, guard the affections of your heart, for they affect all that you are. Pay attention to the welfare of your innermost being, for from there flows the wellspring of life.” Proverbs 4:23 (Passion)

Body Focus: Heart Chakra, Back Strengthening

Quotes: “Until we can receive with an open heart, we’re never really giving with an open heart. When we attach judgement to receiving help, we knowingly or unknowingly attach judgement to giving help.”

-Brene Brown

“My deepest awareness of myself is that I am deeply loved by Jesus Christ and I have done nothing to earn it or deserve it.”

— Brennan Manning, The Ragamuffin Gospel

Reflection questions:

- Who or what is your heart most affectionate about?
- How open is your heart to receive love, gifts, affection from God and others? Do you see a correlation between your willingness to receive love and your willingness to give love to others?
- Are you armoring your heart with your own righteousness or the righteousness of Christ?

Integration:

Supported Fish - release into Savasana

Easy Twist

Cat/Cow

Spinal Balance

Half Bow

Melting Heart

½ Camel (flow with breath)

Sun A Flow (1 round breakdown/1-2 rounds flow):

Mountain (Breath of Joy!)

Standing backbend (cactus arms)

Chest Expansion Bind

Forward Fold with bind

Bend Right knee. R Shoulder to R Knee (repeat on left)

Forward Fold

Halfway Lift

Chaturanga

Upward Facing Dog

Downward Facing Dog

Repeat on opposite side/flow 2 more times

Sun B Flow (1 round breakdown/1-2 rounds flow):

Chair into Chairplane 3x

Forward Fold

Halfway Lift

Chaturanga

Upward Facing Dog

Downward Facing Dog

Right Leg High

Warrior 1

Exalted Warrior

Chest Expansion Bind

Humble Warrior

Warrior 1

Extended Warrior 1

Pyramid

Standing Splits

Warrior 2 (front hand on heart)

Extended Side Angle (keep hand on heart)

Reverse Warrior (keep hand on heart)

Chaturanga

*At the end of the last round, lower all the way to belly.

Spine Strengthening:

Sphinx

½ Frog (both sides)

Locust

Floor Bow

Balance/Backbend:

Dancer

Camel

Embryo (counterpose)

Hips:

Downward Facing Dog

Lizard

Option for quad stretch with heart opener

Pigeon

Folds/Surrender:

Seated Forward Fold

Single Leg Wide Forward Fold

Baby Wild Thing

Bound Angle (seated fold)

Fish

Bridge (option for Wheel)

Wind Removing Pose (single leg, then both legs)

Supine Twist

Savasana

Gentle Flow: Breastplate of Righteousness

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- Are you armoring your heart with your own righteousness or the righteousness of Christ?

Integration:

Supported Fish - release into Savasana

Easy Twist

Cat/Cow

Melting Heart

½ Camel (flow with breath)

Sun A Flow (1 round breakdown/1-2 rounds flow):

Mountain (Breath of Joy!)

Standing backbend (cactus arms)

Chest Expansion Bind

Forward Fold with bind

Bend Right knee. R Shoulder to R Knee (repeat on left)

Forward Fold

Halfway Lift

Modified Plank - Lower to belly

Cobra

Child’s Pose

Downward Dog

Repeat on opposite side/flow 2 more times

Sun B Flow (1 round breakdown/1-2 rounds flow):

Chair

Mountain

Warrior 1 - Step R foot back

Exalted Warrior

Chest Expansion Bind

Humble Warrior

Walk hands to right

Standing Open A

Warrior 2 (back hand on heart)

Extended Side Angle (keep hand on heart)

Reverse Warrior (keep hand on heart)

Downward Facing Dog

*At the end of the last round, lower all the way to belly.

Spine Strengthening:

Sphinx

Locust

Balance/Backbend:

Dancer

Hips:

Downward Facing Dog

Pigeon

Folds/Surrender:

Seated Forward Fold

Single Leg Wide Forward Fold

Bound Angle (seated fold)

Bridge

Wind Removing Pose (single leg, then both legs)

Supine Twist

Savasana