

Slow Flow: Helmet of Salvation

Scripture: “Do not allow this world to mold you in its own image. Instead, be transformed from the inside out by renewing your mind. As a result, you will be able to discern what God wills and whatever God finds good, pleasing, and complete.” Romans 12:2 (VOICE)

“For as he thinks within himself, so he is.” Proverbs 23:7 (NASB)

Body Focus: Third Eye and Crown Chakras, Drishti

Quotes: “If you realized how powerful your thoughts are, you would never think a negative thought.” - Dr. Caroline Leaf

“If your mind doesn’t send out healthy impulses, your soul will not respond in healthy ways. This is why the enemy works so diligently to cripple you through negative thoughts and unhealthy patterns of imagination.” - Priscilla Shirer

Reflection questions:

- Change begins in the mind. What truths and affirmations do you need to meditate on as you renew your mind?
- What are some of the toxic thought patterns you struggle with? How have these thoughts manifested in behavior and choices?
- What occupies the majority of your thoughts? Talk to the Lord about this person, idea, thing. Why does it hold so much real estate in your mind?

Integration:

Child’s Pose (rock head sideways to massage 3rd eye)

Puppy Pose with forehead on mat

Easy Seat

Seated Chest Expansion/Forward Fold

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

Mountain

Thumbs to 3rd Eye Backbend

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 with Lotus Hands

Forward Fold/Chaturanga/UpDog/DownDog

Right Leg High

Knee to Nose (3x)

Crescent Lunge

Airplane Arms then Reach Forward (flow 3x)

Warrior 3 - Airplane Arms

Standing Splits

Warrior 2

Triangle

Extended Triangle

Reverse Triangle

Chaturanga

Core/Inversion:

Forearm Plank

Dolphin

Dolphin Crunches

Supported Headstand

Balance:

Tree

Standing Series:

Downward Facing Dog

Right Leg High

Low Lunge

Warrior 1

Humble Warrior

Warrior 1

Star

Standing Open A (bound arms on second side)

Standing Open A Twist

Star

Pivot toward top of mat

Separate Leg Head to Knee

Plank

Chaturanga

Upward Facing Dog

Downward Facing Dog

Hips/Spine/Surrender:

Pigeon

Rabbit

Head to Knee Pose (seated)

Bound Angle Fold (rest forehead on block)

Seated Forward Fold

Upward Plank

Reclined Twist

Savasana

Gentle Flow: Helmet of Salvation

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Integration:

Child’s Pose (rock head sideways to massage 3rd eye)

Puppy Pose with forehead on mat

Easy Seat

Seated Chest Expansion/Forward Fold

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

Mountain

Thumbs to 3rd Eye Backbend

Forward Fold

Halfway Lift

Modified Plank - lower down to belly

Cobra

Child’s Pose

Downward Facing Dog

Repeat on opposite side/flow 2 more times

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

Chair with Lotus Hands

Mountain

Crescent Lunge (step R foot back)

Airplane Arms then Reach Forward (flow 1-2x)

Crescent Lunge

Warrior 2

Triangle

Reverse Warrior

Low Lunge

Downward Facing Dog

Balance:

Tree

Standing Series:

Downward Facing Dog

Warrior 1 (step R foot back)

Star

Standing Open A (bound arms on second side)

Standing Open A Twist

Star

Pivot toward top of mat

Separate Leg Head to Knee

Plank

Downward Facing Dog

Core/Inversion:

Forearm Plank

Dolphin

Table Top

Downward Facing Dog

Hips/Spine/Surrender:

Pigeon

Rabbit

Bound Angle Fold (rest forehead on block)

Upward Table

Reclined Twist

Savasana