

Slow Flow: Shoes of Peace

Scriptures: “People with their minds set on you, you keep completely whole, steady on their feet, because they keep at it and don’t quit.” Isaiah 26:3 (MSG)

“How beautiful on the mountains are the feet of the messenger bringing good news, Breaking the news that all’s well, proclaiming good times, announcing salvation, telling Zion, “Your God reigns!” Isaiah 52:7 (MSG)

Body Focus: Root Chakra, Feet, Legs, Balancing

Quotes: Shalom, the familiar Hebrew word for peace... does not refer to the absence of chaos but rather to an overall, deeply entrenched sense of harmony, health and wholeness in the midst of chaos. In fact, true peace is best detected and measured against the backdrop of commotion and confusion -- when instability abounds, yet you remain steadfast; when disappointment and confusion are near, yet you’re still capable of walking with Spirit-infused confidence, stability and steadiness.” - Priscilla Shirer

“May your choices reflect your hopes, not your fears.”

-Nelson Mandela

Reflection questions:

- To what are you rooting into as your source of peace? Where are you rooting into God? Are there any areas of dysfunction where you are looking to unhealthy things to supply your peace?
- Where is the Lord calling your feet to walk? Where does He desire for you to take the gospel of peace? What do you need from Him to take that first step?

Integration:

Simple Seat

Bound Angle - Fold

Reclined Hand to Big Toe (strap is helpful)

Cat/Cow

Ragdoll

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

Mountain

Forward Fold

Big Toe Fold (1st round)/ Gorilla Pose (Rd. 2+3)

Halfway Lift

Chaturanga

Upward Facing Dog

Downward Facing Dog

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

Chair - come to tiptoes

Forward Fold/Half Lift/Chaturanga

Right Leg High

Low Lunge (lower back knee)

Low Crescent Lunge

Exalted Low Crescent

½ Splits

Low Lunge Twist (R arm high)

Crescent Lunge with vertical twist (R)

Warrior 2

Extended Side Angle (with bind)

Reverse Triangle

Triangle

Star

Standing Open A

Flying Monkey (front knee bends)

Low Lunge Twist (R arm high)

Chaturanga

Feet and Ankles:

Toes Pose

Kneeling Ankle Stretch

Malasana

Balance:

Tree

1 Legged Mountain

Big Toe Pose

Revolved Big Toe Pose

Hips:

Pigeon

Quad Stretch/Mermaid Pose option

Hero Pose

Heron Pose

Half Lord of the Fishes

Surrender:

Bridge

Half Happy Baby

Supine Twist

Reclined Bound Angle

Savasana

Gentle Flow: Shoes of Peace

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Reclined Hand to Big Toe (strap is helpful)

Cat/Cow

Ragdoll

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

Mountain

Forward Fold

Big Toe Fold (1st round)/ Gorilla Pose (Rd. 2+3)

Halfway Lift

Modified Plank - lower to belly

Cobra

Child’s Pose

Downward Facing Dog

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

Chair - come to tiptoes

Forward Fold

Halfway Lift

Step Left Foot Back

Low Lunge (lower back knee)

Low Crescent Lunge

Exalted Low Crescent

½ Splits

Low Lunge Twist (R arm high)

Crescent Lunge

Warrior 2

Triangle

Warrior 2

Extended Side Angle

Reverse Warrior

Downward Facing Dog

Feet and Ankles:

Toes Pose

Kneeling Ankle Stretch

Malasana

Balance:

Tree

Hips:

Pigeon

Half Lord of the Fishes

Surrender:

Bridge

Half Happy Baby

Supine Twist

Reclined Bound Angle

Savasana