

Slow Flow: Sword of the Spirit

Scripture: “The word of God, you see, is alive and moving; sharper than a double-edged sword; piercing the divide between soul and spirit, joints and marrow; able to judge the thoughts and will of the heart.” Hebrews 4:12 (VOICE)

“My dear brothers and sisters, understand this: Everyone should be quick to listen, slow to speak, and slow to anger” James 1:19 (CSB)

Body Focus: Throat Chakra, Arms, Neck + Shoulders

Quotes: “Raise your word, not your voice. It is rain that grows flowers, not thunder.” -Rumi

“God’s Word is pure and sure, in spite of the devil, in spite of your fear, in spite of everything.”

- R. A. Torrey

Reflection questions:

- What weapons do you use to fight your battles? Your intellect, your strength, your resourcefulness? What’s your go-to offensive weapon?
- Look back at your words from the last week. What did these words reveal about the condition of your heart?
- Whose words are you more interested in expressing? God’s words or your own words? Where is God inviting you to filter *your* words through the truth of *God’s* word and the discernment of the Holy Spirit?

Integration:

Easy Seat with neck rolls/neck stretching

Seated Cat/Cow

Child’s Pose with block under forearms

Childs Pose - Whale Tail (flow 3x)

Puppy Pose (chin on mat if possible)

Thread The Needle

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

Mountain

Backbend -interlace hands behind head

Forward Fold

Halfway Lift

Crouch and Curl

Forward Fold

Halfway Lift

Chaturanga

Upward Facing Dog

Downward Facing Dog

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

Chair - Dove Mudra

Forward Fold/Chaturanga/UpDog/DownDog

Right Leg High

Low Lunge

Crescent Lunge

Backbend -interlace hands behind head

Crescent Lunge

Warrior 2

Tricep Stretch (L hand behind head/R hand on elbow)

Reverse Warrior with Tricep Stretch

Warrior 2

Ostrich

Warrior 2

Extended Side Angle

Reverse Warrior

Chaturanga

(Lower down to the belly at the end of the final round)

Spine:

Crocodile

Sphinx

Floor Bow

Side Bow (both sides)

Open Wing Pose (Shoulder Stretch)

Hips/Inversion/Closing Postures:

Pigeon with Thread the Needle

Cow Face Pose

Fish Pose

Legs up the Wall

Shoulder Stand

Plow

Ear Pressure Pose

Bridge

Happy Baby

Easy Twist

Savasana

Gentle Flow: Sword of the Spirit

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Integration:

Easy Seat with neck rolls/neck stretching

Seated Cat/Cow

Child’s Pose with block under forearms

Puppy Pose (chin on mat if possible)

Thread The Needle

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

Mountain

Backbend -interlace hands behind head

Forward Fold

Halfway Lift

Crouch and Curl

Forward Fold

Halfway Lift

Downward Facing Dog

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

Chair - Dove Mudra

Forward Fold

Halfway Lift

Low Crescent Lunge (step R leg back/back knee down)

Backbend -interlace hands behind head

Low Lunge

Crescent Lunge

Warrior 2

Tricep Stretch (L hand behind head/R hand on elbow)

Reverse Warrior with Tricep Stretch

Warrior 2

Extended Side Angle

Reverse Warrior

Downward Facing Dog

(Lower down to the belly at the end of the final round)

Spine:

Crocodile

Sphinx

Open Wing Pose (Shoulder Stretch)

Hips/Inversion/Closing Postures:

Pigeon with Thread the Needle

Cow Face Pose

Fish Pose

Legs up the Wall

Option for Plow

Ear Pressure Pose

Bridge

Happy Baby

Easy Twist

Savasana