

Courage to Fly

A chance to step into our instructions not to fear. An opportunity to discover what it is to fly. We'll chat, sit in scripture, and take to the mat with the courage given us by Christ as we fly into arm balances and inversions.

I said, "Oh, that I had the wings of a dove! I would fly away and be at rest. Psalm 55:6

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. . . For I am the Lord your God who takes hold of your right hand and says to you, Do not fear; I will help you. Isaiah 41:10, 13

So keep up your courage, men, for I have faith in God that it will happen just as He told me. Acts 27:25

Fear

- Noun: an unpleasant emotion caused by the belief that someone or something is dangerous, likely to cause pain, or a threat
- Verb: be afraid of (someone or something) as likely to be dangerous, painful, or threatening

Courage

- Noun: the ability to do something that frightens one

Biomechanics and Strength

Biomechanics:

- noun- The study of the action of external and internal forces on the living body, especially on the skeletal system. The study of the mechanical nature of biological processes, such as heart action and muscle movement. The mechanics of biological and especially muscular activity, such as the body in motion or exercise. What happens when we add physics to biology. In short, biomechanics is how we leverage our body to work smarter not harder.

Strength:

- The quality or state of being physically strong.

While we do need both, proper leverage, biomechanics, can trump brute strength almost every time.

Importance of Prep and Warm Up

As with any yoga posture we need to be thoroughly warm and ready for arm balances and inversions. Take a look at the shape of the final pose being sought. What muscles need to be warm and loose? What muscles need to be strong and prepared for load? A proper warm up is vital to flight. This keeps the body safe as well as making each posture more accessible.

Crow



Warm Up Postures:

Muscle Groups to prep:

Side Crow



Warm Up Postures:

Muscle Groups to prep:

EPK



Warm Up Postures:

Muscle Groups to prep:

Grasshopper



Warm Up Postures:

Muscle Groups to prep:

Headstand



Warm Up Postures:

Muscle Groups to prep:

Forearmstand



Warm Up Postures:

Muscle Groups to prep:

Handstand

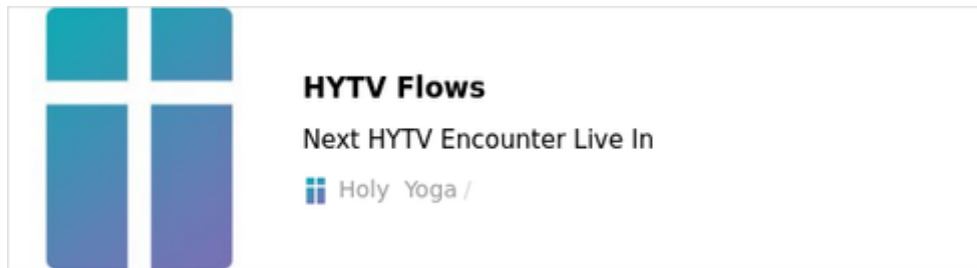


Warm Up Postures:

Muscle Groups to prep:

NOTES

Looking for pose breakdowns? Subscribe to HYTV today to access our library of pose breakdowns, meditations, flows, & more!
You can even join Megan in her flow, Courage to Fly!



[For more info click here](#)
[or scan QR code](#)

