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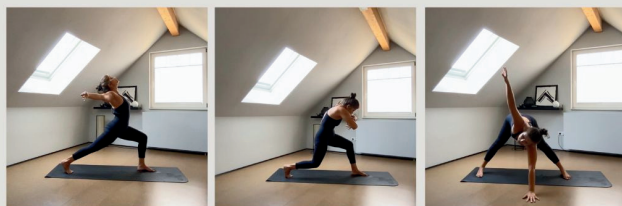
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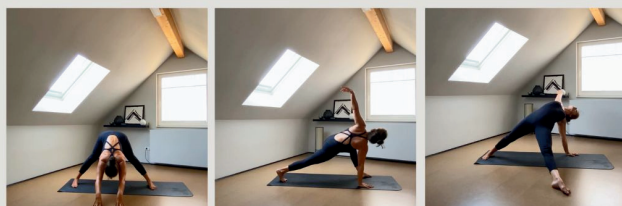
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18.10.2023

FLOW OF THE WEEK

@INDRA_LEIBIG_YOGA



ABOUT THIS FLOW

This flow is perfectly suited for you if you or your participants don't have a lot of experience. It combines Asanas which are quite easy with one or two creative movements, which instantly give the flow a little sparkle.

The good thing about yoga flows is that even with little experience, you can create a graceful flow. Because in contrast to dancing, you already practiced the positions in the form of yoga figures. And now it's only about stringing those together aesthetically.

Technically, this flow isn't more difficult than a sun salutation – except for the Fallen Triangle at the end, which you can, however, – if not at all possible – leave out completely.

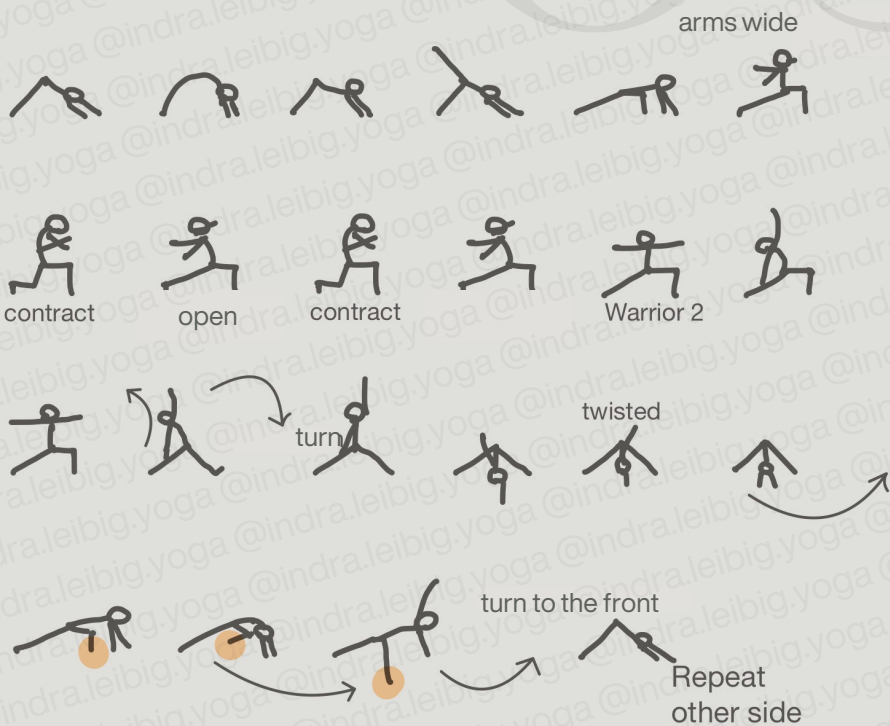
In that case you simply switch directly from the Rounded Plank back to the Downer Dog.

CHARACTERISTICS

Choose some slow music with a distinct beat, so you literally usher yourself into this sequence. And use the first wash cycles as well, to already flow on the music.



Flow OF THE WEEK





WATCH THE FLOW



BEITRAG GETEILT AM 8. JANUAR
VON INDRA.LEIBIG.YOGA

WATCH
VIDEO