

Yoga Flow: Honesty (Gwekwaadziwin)

Theme Message:

Honesty is living with transparency, humility, and self-awareness. In yoga, it means moving in a way that honors your body's needs.

Length: 30–35 minutes

Intention: To foster awareness and authentic movement.

◆ **Opening (5 minutes)**

- Sit quietly, notice breath and posture
- Mantra: *“I listen to myself. I move with honesty.”*

◆ **Warm-Up (5–7 minutes)**

- Seated Cat/Cow
- Forward Fold
- Gentle Twist
- Downward Dog

◆ **Flow (15–20 minutes)**

1. **Mountain Pose** – Stand honestly
2. **Warrior I** – Brave and open
3. **Half Moon (with block)** – Trust your limits
4. **Seated Forward Fold** – Surrender
5. **Boat Pose (optional)** – Explore your edge
6. **Savasana** – Reflect: When was I honest with myself today?