

## **Yoga Flow: Humility (Dbaadendiziwin)**

### **Theme Message:**

*Humility is understanding we are part of something bigger than ourselves. In yoga, we practice with reverence, gratitude, and gentleness.*

**Length:** 30–35 minutes

**Intention:** To help students slow down, reflect, and release ego.

#### ◆ **Opening (5 minutes)**

- Begin in Child's Pose
- Breath mantra: *"I am grateful. I am learning."*

#### ◆ **Gentle Warm-Up (5–7 minutes)**

- Tabletop to Puppy Pose
- Cat/Cow
- Downward Dog

#### ◆ **Flow (15–20 minutes)**

1. **Low Lunge with Arms Back** – Bow to the earth
2. **Wide-Legged Forward Fold** – Let go of tension
3. **Eagle Arms Seated** – Wrap into yourself
4. **Legs-Up-the-Wall** – Passive reflection
5. **Savasana** – Gratitude for your body and practice