

Yoga Flow: Love (Zaagidwin)

Theme Message:

Love is unconditional and expressed through kindness and compassion. This flow emphasizes heart-opening poses and gentle presence.

Time: 30–40 minutes

Intention: To help students embody love through openness, breath, and gentle movement.

◆ **Opening (5 minutes)**

Seated Intention + Breath Awareness

- Sit in **Easy Pose**
 - Place one hand on your heart, the other on your belly
 - Close your eyes or soften your gaze
 - Inhale: “*I give love*”, Exhale: “*I receive love*” (Repeat 3–5 times)
 - Set the intention: *Move with kindness—for yourself and others.*
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◆ **Warm-Up (5–7 minutes)**

Gentle Stretching + Mobilization

- **Neck Rolls** – Slow and mindful
 - **Shoulder Rolls** – Forward and backward
 - **Cat/Cow** – Inhale to arch, exhale to round
 - **Thread the Needle** – Open the heart and stretch the shoulders
 - **Downward Dog** – Hold for 5 breaths, pedal feet
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◆ **Heart-Opening Flow (15–20 minutes)**

Emotional Openness + Physical Release

1. **Mountain Pose** – Ground into love
2. **Crescent Lunge with Heart Opener** – Hands reach up and slightly back

3. **Warrior II** – Open arms wide with strength and grace
 4. **Reverse Warrior** – Lift heart toward the sky
 5. **Camel Pose (modification optional)** – Hands on hips or heels, chest expands
 6. **Bridge Pose** – Gentle backbend, heart toward ceiling
 7. **Child's Pose with Arms Extended** – Rest and return to breath
 8. Repeat flow on both sides
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◆ **Floor Series (5–7 minutes)**

Calming, Loving Energy

- **Butterfly Pose** – Fold gently, observe breath
 - **Supine Twist** – Hold each side with ease
 - **Happy Baby** – Gentle rocking, smiling if it feels right
 - **Savasana (Final Rest)** – Hands on heart or beside body
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◆ **Closing Reflection (5 minutes)**

Seated Meditation + Sharing

- Return to **Easy Pose**
- Breathing deeply, ask students to reflect on:
“What does love mean to me? How did I express love in my practice today?”
- Optional: Allow journal time or quiet partner discussion.