

Yoga Flow: Truth (Debwewin)

Theme Message:

Truth is found by living in alignment with all the other teachings. It asks us to be honest with ourselves and to act with integrity.

Length: 30–40 minutes

Intention: To help students connect their movement and breath to their inner truth.

◆ **Opening (5 minutes)**

- Seated stillness + breath awareness
- Reflect: What is something true about me today?

◆ **Warm-Up (5–7 minutes)**

- Seated Side Stretch
- Cat/Cow
- Downward Dog
- Sun Salutations (2 rounds)

◆ **Flow (15–20 minutes)**

1. **Warrior I** – Ground in values
2. **Triangle Pose** – Expand awareness
3. **Tree Pose** – Find balance in your truth
4. **Bridge Pose** – Heart open
5. **Half Pigeon** – Deep emotional honesty
6. **Savasana** – Guided visualization: “What truth is rising in me?”