

Yoga Flow: Wisdom (Nbwaakaawin)

Theme Message:

Wisdom means using knowledge and experience to make thoughtful choices. This flow emphasizes mindfulness, intentional movement, and balance—encouraging students to listen to their bodies and move with awareness.

Time: 30–40 minutes

Intention: To help students connect to their inner guidance through breath, focus, and grounded postures.

♦ Opening (5 minutes)

Seated Intention + Breathwork

- Sit in **Easy Pose** or **Hero's Pose**
 - Hands resting on knees, eyes closed
 - Inhale: “*I listen*” — Exhale: “*I learn*” (Repeat 3–5 times)
 - Introduce the theme of **Wisdom**: “*Today, we move slowly and with intention, making wise choices with our breath and body.*”
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♦ Warm-Up (5–7 minutes)

Gentle Mindful Movement

- **Neck Rolls + Shoulder Shrugs** – Inhale lift, exhale drop
 - **Seated Side Stretch** – Expand and lengthen each side
 - **Cat/Cow** – Connect breath to spinal movement
 - **Tabletop to Child's Pose** – Flow gently between these postures
 - **Downward Dog** – Hold 5–7 breaths
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♦ Mindful Standing Flow (15–20 minutes)

Balance + Focus Sequence

1. **Mountain Pose** – Root into the ground, rise with intention

2. **Warrior I** – Inhale arms up, steady the gaze
 3. **Warrior II** – Open through the chest and arms
 4. **Reverse Warrior** – Reach up and back
 5. **Warrior III (with blocks or wall)** – Explore balance mindfully
 6. **Tree Pose** – Practice stillness and concentration
 7. **Half Moon Pose (optional)** – Use block for support, honor your edge
 8. Repeat sequence on both sides
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◆ **Floor Sequence (5–7 minutes)**

Deep Stretch + Stillness

- **Seated Forward Fold** – Listen to your body, don't force
 - **Seated Twist** – Look back with clarity, twist gently
 - **Reclined Pigeon or Figure 4 Stretch** – Open hips mindfully
 - **Savasana (Final Rest)** – Total release and quiet reflection
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◆ **Closing Reflection (5 minutes)**

Seated Reflection or Journaling

- Return to **Easy Pose**, hands at heart
- Ask: *“What wise choices did I make in my practice today?”*
- Optional: Students write or draw about a moment where they listened to their inner wisdom