

Mp3 Sean Johnson - Morning Flow



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Greet the day with this class designed for morning practice, but good for any time of day. To release morning stiffness, we begin with a slower series of reclining postures for releasing tension in the legs, hips and lower back. (continued) 1 MP3 Songs NEW AGE: Yoga, SPOKEN WORD: Instructional Details:

Greet the day with this class designed for morning practice, but good for any time of day. To release morning stiffness, we begin with a slower series of reclining postures for releasing tension in the legs, hips and lower back. Then we graduate to a series of simple sun salutations for awakening radiance in your body. The sun salutations gradually evolve to include chair, lunge, warrior one two, peaceful warrior triangle and straddle poses. The class ends with boat poses, bound angle poses, seated twists, and bridge/wheel with a closing tension release exercise to liberate all remaining stress from your body.

PROPS: None LEVEL: Intermediate LENGTH: Approximately 1 hour, 4 minutes STYLE: Flow Yoga Sen Johnson is the founder of Wild Lotus Yoga in New Orleans LA and a professional Kirtan leader and recording artist. Sean teaches three styles of classes: serenity, power and vinyasa. People who are interested in should consider this download.

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