

## Mp3 Mimi Loureiro - Extend The Spine



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This is one of a series of 30 minute practices designed to focus on a specific section of the body. This class focuses on the flexibility of the front of the body - the hip flexors, specifically the quads and abdomen - and on strengthening the lower back. 1 MP3 Songs NEW AGE: Yoga, SPOKEN WORD:

Instructional Details: This is one of a series of 30 minute practices designed to focus on a specific section of the body. This class focuses on the flexibility of the front of the body - the hip flexors, specifically the quads and abdomen - and on strengthening the lower back. We work on the postural muscles, strengthening the space between the hips and the ribs (making it longer) and on opening up the heart center. PROPS: None LEVEL: Intermediate LENGTH: 30 minutes STYLE: O2 Vinyasa Yoga Mimi Loureiro created O2 Yoga in 1998 as a distinctive and unique yoga practice. O2 Yoga features two styles of yoga: traditional Astanga and O2 Yoga. Mimi is known for her creative, unusual vinyasa sequencing. People who are interested in should consider this download.

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