

## Mp3 Mimi Loureiro - Burn Baby Burn



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This is a 30 minute class that gets right down to the core. We warm up with some variations on sun salutations and standing poses with extra focus on core strength. (continued) 1 MP3 Songs NEW AGE: Yoga, SPOKEN WORD: Instructional Details: This is a 30 minute class that gets right down to the core. We warm up with some variations on sun salutations and standing poses with extra focus on core strength. We then move to the floor with some really focused lengthening and strengthening of the abdominals. Get a great balanced, centered and warming practice in no time! PROPS: None LEVEL: Intermediate LENGTH: 30 minutes STYLE: O2 Vinyasa 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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