

YOGA TM MAGAZINE

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ISSUE 213/ DECEMBER 2020

REJOICE IT'S CHRISTMAS



*Festive Season
Micro-dose
on Self-Care*

DAVID HOLZER

**EMBODIED
RESILIENCE**
AND THE POWER OF YOGA

**YLLÄS YOGA
MARATHON**
THE MOST GENTLE
MARATHON OF
THE YEAR!

**DIGITAL
KILLED
THE STUDIO
STAR?**

HARRIET SMITH

**ENERGISING &
STRENGTHENING
YOGA FLOW**

**YOGI'S
GIFT GUIDE**

**KODO
SAWAKI**
ZEN MASTER

INTERVIEW
WITH
**LENA
FRANKLIN**
MINDFULNESS
PSYCHOTHERAPIST
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**PRANAYAMA FOR PHYSICAL & MENTAL PERFORMANCE + TIPS FOR BANISHING NEGATIVE THOUGHTS +
MUKTABODHA INDOLOGICAL RESEARCH INSTITUTE + 5 EASY STEPS TO STAY HEALTHY DURING THE HOLIDAYS +
YOGAGISE YOGA + FIBRE, THE FORGOTTEN NUTRIENT + YOGA SUTRAS + AW20 COLLECTION BY BAM**

Exploring Wild Thing

AN ENERGISING & STRENGTHENING YOGA FLOW

Words: Harriet Smith

This fun, playful little flow is one of my favourites to practice as I find it both energising but also, strangely, calming at the same time. As I twist and turn through the postures, I find my attention only able to focus on the present moment, noticing how my body moves and flows in and out. Although this flow is maybe a little advanced for the beginner yogi, there are lots of modifications that can be used making it enjoyable for all levels and abilities. I love to throw it into a class to challenge my students, give them a confidence boost, and help them progress in their practice - they often leave class feeling a great sense of achievement after completing this flow!



To enjoy this flow yourself, here's a quick guide below for you to follow...



Extended Tadasana

1

From Mountain Pose inhale as you extend the arms up above your head, reaching up tall, feeling the stretch and finding length in your spine.

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2

As you exhale swan dive down, hinging at the hips, into Uttanasana, forward fold, keeping that length you just created in your spine.

Uttanasana

3

Take 3 deep breaths, inhaling to find length, exhaling to fold deeper.

4

You can take longer if you like here to open up your lower back, ease off your glutes and hamstrings, maybe even spend some time in ragdoll and swing from side to side – go with what your body is asking at this moment.

5

On the third inhale come to halfway lift, squeezing the shoulder blades together, extending the legs and sending the hips back to find a nice strong L shape. As you exhale, fold back down and place your hands on the floor either side of your feet.



6 Option to step or hop back to plank.

Halfway Lift

8

Exhale, push back to downward facing dog.

7

Take a breath, as you exhale lower to low plank or knees, chest, chin, then inhale to push up to Cobra.



Down Facing Dog

9

Inhale as you lift the left leg up and back, high to the sky - three-legged dog.

10.

As you exhale crunch to Tiger Curl - bending the knee, bringing it forward to the space between your arms then using your core to lift and tuck away from the ground - see if you can touch the knee to nose.

11.

Inhale as you send the leg back to three leg dog.



Tiger Curl



Wild Thing

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12. Bend at the knee again, but this time let the leg carry its weight up and over to the opposite side of your body, either hang out here for breath or two and enjoy a hip twist or go all the way over onto the ball of your left foot, rolling over onto the outside edge of your right

foot, as you do this straighten your right leg and also lift your left hand toward the sky, reaching high to open out your front body. Lift your hips and chest upwards, as you exhale follow all the way over into a backbend. Take your eye gaze to your left fingertips.

13. Take a breath, exhale.

14. Then on your next inhale lift all the way back up and over, keeping your left leg lifted, placing your left hand on the floor.

15. Exhale as you tuck your left leg through and under the body, rolling over onto the inside edge now of your right foot, sending your left leg out again the other side along the floor. Lift and extend your right up into Fallen Triangle pose as you inhale again.
16. Take a moment to enjoy this pose, then exhale to release the hand back down to the floor and step back to plank.
17. Take a vinyasa and push back to child's pose for a breath or two.
18. Repeat steps 8 to 17 on the other side.
19. Push back up as you exhale into downward facing dog.
20. Step or hop to Uttanasana, forward fold.
21. Inhale to halfway lift, exhale to forward fold.
22. Inhale to lift to extended Tadasana, exhale to release the hands and finish.



Fallen Triangle

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Sign up now for your FREE 7-DAY TRIAL of my Flo at Home, live online yoga classes.

Enjoy 5 live Zoom classes every week, plus unlimited access to all class recordings from previous sessions as well as teaching tips and bonus flows!

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