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Moving. I mean, we're good. Are we live? Oh my goodness, happy day. Uh, my name is Stefan, and I'm super excited to be here live at the Yoga Alliance headquarters. I'm super thrilled to offer, um, a space of reclamation, a space of acknowledgment, a space of just being and becoming. Um, I am really thrilled, um, to bring freedom flow to all of you that are at home and all of the folks that are here in the studio. Um, when I created Freedom Flow, it was because I felt that yoga was more than just a physical thing. I thought it was this connection of flesh and spirit. And I thought it would be, um, a place of marvelous transformation. And it's been that for me. And I've had a chance to share it with other people. And so I'm really excited that I got a chance to do this for Black History Month. Um, for Black History Month. The last few weeks I've been on this music and movement program where each week I have themed, um, each of my classes around parts of the body accompanied by certain types of music.

The first week was jazz in the blues, the second week was R&B. This third week is hymns. And for today, I'm not necessarily sticking in the music theme, but we are going to play with the hips and the hamstrings. Um, if I could give a, um, what to expect, let's say, um, the range of intermediate with all the options possible. So we're going to have a good time. Um, let's get started in a resting position, if you're at home and you have bolsters, blocks, pillows, feel free to bring them in. For folks in the studio, maybe we are in Shavasana laying on our back. Maybe it's soup. Tabata konasana bringing the bottoms of the feet together, knees wide. May you stay in a comfortable seat. Please let this be your place of arrival. With each inhale, allowing more and more of the body to take hold of the breath. With each exhale a solid grounding into the earth. Inhale this time. Pass the belly. Pass the shins down to the big toes. Inhaling together. Exhale. We want an exhale that takes up so much space.

The front and back body meet. Inhale together. Exhale. Release. Five more times together, whether you're here or at home together. Inhale. Exhale. Or more. Inhale. Exhale. What if, on the inhale, it was Grace that was coming in? Inhale. And the exhale was mercy. For the you and your people. Inhale that grace. Two more. Exhale. One more. Our largest one all day. Inhale. Exhale. Some of us stay right where we are. Others change something. So if the legs are extended, maybe they come in. If they're Ed, maybe they extend. Perhaps one palm comes over the heart space and one over the belly. And here we are this last Friday of the second month of this year. Still holding on. Still finding a way. Still showing up for practice. And if black history. If the pure existence of black people in this world and in this country shows anything. Is that you can show up despite the worst of circumstances. At the worst of history could be thrown your way and yet turn beauty from ashes. That we could create ourselves a people.

Who survive, who thrive, who find any way to make a way. As you fill your body with air. Maybe we take stock. Of how this practice could push us into justice oriented action. By our connection to our breath, we see that there is a whole world. Ready to be made over. And all it needs is us. If I said that you had 40 breaths to meet me standing at the top of the mat, how would you move on the in-between? What care and compassion can you bring to yourself? I'll see you soon. Take your time.

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Oh, much. Better ideas than our folks can see me. I wish I could see you all at home.

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Home. But how can we use our warm up as a place of acknowledgement? Of sensation build. But if someone ever asked you what was coming up in the body, you could describe it. Mm. So. You still have all the time that you need. Having a block to the left and to the right of your mat would be most helpful. Welcome. You get to determine if the big toes touch once you arrive, or maybe the feet are hip distance apart. Mhm. Maybe their shoulder circles that one needs. But a soft arrival. We will. As you inhale, bring the palms to prayer at Heart Center. Exhale. Release. Inhaled to the middle of the belly. Inhale. Exhale. Release. Inhale down to the base of the belly. Inhale. Keep the lanes as you exhale. Inhale down to the toes. Keeping the length and the width. Exhale. You have two breaths that are all you. All right, drop. In your palm. Let's let's take Sun salutation a really slow this first one. And an inhale. Fingers up. Look up. On the exhale. Touch down, press down. Option one the palms stay on the blocks that are on the earth.

Option two interlock the elbows in front of you or the fingers behind you. The common thread. We all bend the knees. Maybe we shake the head a little. Yes. In a little. No. For three. Two. And one. Release the fingers towards the earth. Straighten through the legs half forward. Fold. Exhale, touch down the right toes. Go back, then the left. Feel free to bring down the knees. We're in plank pose. The shoulders stacked over the wrists. The crown forward, the heels behind you. The front body meets the back body. Engage the fingertips. We're here for three. To one. Inhale. Hug the elbows in toward center. Exhale. Lower down. Halfway. Chaturanga. Inhale. Upward. Facing. Exhale. Hips up high. Downward facing. Our first sound dog together made you walk it out by bending the right knee. Maybe the left knee. Maybe we shake the head a little. Yes. And a little no. We're here for five. Oh. What if your breath could be heard by the people near and around you? If maybe you're practicing by yourself at least.

But she's outside getting here. You find a way to send the breath to whistle with them. On an inhale, lift your gaze towards the top of the mat. Exhale. Step it forward however you want to get there. Inhale to half. Exhale to fold. Inhale. Arms up. Look up. I feel something.

Number two three. Inhale. Let's go up. Exhale. Touch down. Inhale. Heart forward. Exhale. Feet go back. Cheddar Runga. In, you know, after. Exhale downward. Um, option one down dot eight breaths. Option two. You send the right foot up high. Three legged dog. As you exhale, bend the knee. Some of us stack the hips. Some of us make circles with the knee. Some of us flip our dog entirely. When you press down into the left palm. Inhale. Three legged dog. Exhale, return the right foot to the earth. Four more breaths in down dog, or inhale, descend the left leg up high. Exhale to bend at the knee. Stacked circles are flipped for breaths. The city. You plant down the palms, return the feet to the earth. Inhale. Lift your gaze.

Exhale. Feet forward. Inhalten hatte. Uh, so we bought. Inhale. Fingers up. Look up. Exothermicity. Number three of three. Inhale up. Exhale. Touch. Inhale half. Exhale. Float back to the runway. Inhale. Exhale back. The. Coming down to our knees. All fours. Shoulders over the wrists, hips over the knees, wide across the front of the chest. As you inhale, send the shoulders behind the ears. Lift the gaze towards the sky. Exhale. Push the earth away. Hollow through the front body. Drop the crown. Inhale. Shoulders back. Widen the seat. Exhale. Push the earth away. Five breaths that are all yours. Maybe you keep cat howling. Maybe it's full bodied circles and waves. Maybe you're off the wrist entirely. Um equity. Green. Two. And one coming back to that. From here. Hug everything into the center as this right knee comes out to the right side. It's like we're at a fire hydrant. What would it be like to make about 3 to 5 circles? They can take up as much space or as little space as you need.

Three. To. And what? Extend the right leg behind you. Inhale. On the exhale, the foot comes forward. Low crescent. Notice you have blocks near you. Again, another five breaths to just feel this out. Maybe you move from the low crescent to a half split all. You just feel it out. The. I just realized that since the folks at home don't have the music playing, they're just hearing my bad vocals. So I hope you're enjoying. Two more breaths. Yes, I get just acknowledgement of what's happening and going on. So as we deepen our practice, we're doing it from a place of, um, understanding. Right? As you inhale, roll through the front foot, send the arms up overhead, soften the shoulders. Let's say there's a lot of energy in between your hands. I teach a college student and she was saying she's going to Miami for spring break. And I was talking about, well, what if you had one of those giant spring break beach balls in between your hands? Inhale. Get tall. Exhale. Cactus the arms. Open the chest towards the sky.

Inhale. You're tall. Exhale. Fingers forward. Keep the left. As you inhale, open up the right behind you. Exhale. Right fingers down, left fingers high. In our fingers overhead. Exhale, touch down the right knee meets the left knee. Hug the elbows in towards center. Lower

down to your chest and your chin. Inchworm. Inhale upwards. Exhale downward. Then coming back down to your knees. The right palm directly underneath your gaze. I promise I didn't forget about the other side of the low crescent. I didn't inhale, trace the right arm opening up the left side body. On an exhale, thread the needle left fingers over towards the right side. We need to do. Whatever with the top arm. You could bind the fingers could interlock. You could also extend the right foot if you wanted to. Either way, we're letting the ground support us. Three. Two. And one right palm pushes into the earth as the inhale sends the left fingers up high. The exhale brings the left palm down. Other side. Inhale to trace the left arm.

Exhale, thread the needle. Same thing. With the top. Arm. You have many options. Keeping the sea behind you. Two more breaths. In. Plant down the left palm. Inhale the right fingers up high. Exhale. Touch down. Restart. Tuck everything in as the left knee goes out towards the left side. Same thing. Those 3 to 5 circles taking up as much or as little space as we need. Three. To. You and what? Inhale to extend the left leg. Exhale. Send it forward. And you still have your five breaths. What if the right foot was close to the right long edge of the mat, and the left foot was close to the left edge? If I have. Increase. On your next inhale, roll through the front and the arms up overhead. Exhale. Cactus. The arms. Chest open. Inhale up. High. Exhale runner's lunge. We didn't do this on the other side but I'm feeling it on this side. Inhale. Roll through the front foot. Arms up overhead. Xcel Energy forward. Keep the right fingers. Inhale. Open up the left. Exhale. Left fingers down, right fingers up.

Inhale arms high. Exhale press down. Inhale to lift the back leg. Exhale. Three legged dog with the left foot. Left foot returns to the earth. This down. Dark. You could be. Here. The forearms for dolphin. You could be in child's pose. Let's say six breaths. All you.

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Um. So this. And. For three. Two. And one can continue taking your time. We'll meet standing at the top of the mat. When you. It's. Mm. It's. Let's get into it. Zipping up in between the toes. There's a little space in between the heels. Softening any grip and hold with the toes are active. So is the back part of the foot. On an inhale, send the arms up overhead. Exhale, soften the shoulders. Interlock the fingers. Leave the index fingers out. Inhale. Get tall. On an exhale a slight back bend chest up towards the sky. Hmm. Inhale. Forward fold. Exhale. Right toes. Go back lower down the right knee. Um. Okay. Inhale. Arms high. Exhale. Cactus. We've done this before. Let's add to it. Inhale. Get tall. On the exhale. Can we bring a 90 degree into the front leg and into the back leg? Hug our center under us. From here, this right foot is going to scoot behind us over to the left edge of the mat. From here, if you hug your low ribs in, your seat comes under. You notice that you have space for so much.

You could use a block here, bringing it to the inside of the left foot. You could bind here again. Hug the seat under. Widening up the chest or opening up the chest towards the sky, rather. Two. One. Inhale, bring the arms to a T. As you exhale, extend the left leg. Left toes will face the right lung edge of the mat. You're still arms at a T. From here, allow your palms to touch down. Some of us will. Kapow! Right. So the same action of the cat cow. But the left leg is extended. It's. While you're here, you. Could thread the needle. You send the left fingers up overhead. May be read under the right arms. Would you trust your thighs a lot more? Five breaths. Whatever it is that we decided to do. One thing one. It was. To. What? Pressed down. Inhale. Lift up. Boom! Exhale. Warrior to arms. Allow the left palm to grow down, right fingers up overhead. Um. Inhale. I'm sweaty. Exhale. Turn it forward. Press down. Yeah. The left knee meets the right knee. That inchworm we did earlier hugging the elbows in, lowering down to our chest and our chin.

Inhale to upward. You could always skip this. Exhale downward. Mhm. Inhale. Right foot forward. Lower down the left knee. Inhale the arms go high. Just exhale. Cactus. Inhale up. High. Resetting to a 90. In the front. 90 in the back. Hug the center under. Bring the left foot behind us. All you do whatever you need with the top arm. Televised. Remember, the more. You hug your seat under, the more space you have to open the chest. To. And when inhale arms to a T, exhale extend the right foot. Right toes. Face the left. We touched down. Stupid cat. Cow. You could do a little frog variation. You could thread the needle. Five breaths that are all you. Um. That God is one of the. Greatest things the practice has taught me is that in true freedom, you can do whatever it is the body desires. So it leaves much up to our practice to help us build discernment, to see what is best, what's most needed, what pulls us closer to the layers where we are most free, most healed, most whole. Um, so using these moments to check in.

As you press down, inhale to come out of whatever you're doing. Exhale bring the arms to a T. Yes. Drop the right palm. Lift the left fingers. And. Inhale arms to a T to exhale, turn it forward. Press down. Inhale. Lift the back leg. Exhale it forward. Inhale. Arms up overhead. Some of us will bend. Some of us won't. Some. Well and healthy. Low arms. High chair pose. Could you have softer shoulders, a deeper seat? Allow your front body to meet the back body. Inhale lengthen through the fingertips. Exhale airplane arms then the fingers behind you. Three. Anyhow, fingers up high. Exhale airplane arms. From here, interlock the fingers. Pull the shoulders away from the ears. If the chest or the heart was an offering. Could you offer it towards the sky? As you exhale, keep the. Knees fold. Over them. Option one. When the palms touch the earth, some of us will Yogi squat. Some of us will propose. Some of us will do something different. Five breaths. If you have blocks, bring blocks to end for your Yogi squad if that's helpful.

What if we were more active where the knees hugged in with the elbows pushed out? Between. They do soften in the forehead. Allow your jaw to relax. How do you want to get to down dog? Do you want to move through a crow and jump back with Yogi? Squat and jump back. All in all, we'll all meet in down dog. Five breaths. Mhm. From here. Inhale the right leg up high. On an exhale, the right foot comes through center planting down between the palms. Again, notice you have blocks. If you're going to need like I will support with balance, I'm moving the right foot closer to the right lung edge of the mat. My right knee is stacked over my right ankle. As I come to my hips, I get my center under me by bending the back knee. Once it's there, kicking the heel behind me. On an inhale, the arms go up high. It's now option one. This is it for you. Option two. Any arms? Maybe your eagle arms. Shoulder stretch here. You could always lower down the back knee. Five breaths. Again, hug everything in towards center.

To. When all that energy that was in between our hands when we were in the low lunge, could we gather that again? Inhale. We're here. Exhale. Send that energy forward. The shoulders and the heel. Pull behind you. Yes. Inhale. Fingers up. Exhale. Energy forward. Notice you could stay here or there was such power in this right by that. If you wanted to take flight, you could. Either way. All of your power goes beyond your match. It's like you're trying to share it with people that are in the space with you. And if not in the physical, then in the spirit for three to. Back foot down. Opening up. Warrior two. Nobody in their right knees over the right ankle. The chest is open. The pinkies pulled back. The shoulders are soft. What if power jumped off of you on each of the four corners? What if by being powerful here, you shared your power with other people? And when some powerful people get together, powerful things happen. As you inhale, pull forward. Exhale. Reverse. Inhale. Breathe through the right side body.

As you exhale. Bring the right form to the right thigh side angle. Now. Option one. This is great. Option two. Right. Palm to the inside of the right foot or on a block you could bind here. You could. Birds of Paradise. But again, the more you hug that center under, the more space you have to do so much. And. Our lease is up. To. I mean, I have it in the back. Foot, palms to the inside of the right foot. The right foot wide and closer to the right lung edge. Now you can stay here in a high lizard. You could always lower down the back knees. Well and again, just feel it out. Maybe stay on the palm. You could always come down to your blocks on forearms. But the strain is not worth it. Being uncomfortable in this practice gets you nothing's. To. Long. Um. If the right foot is off of the map, bringing it back onto the map, the left palm stays down. Curl the back toes. Lift the right finger towards the sky. Now this could be it. Or you could lift the back leg. And if you lift the back leg and maybe even if you don't, that right hip is still high.

You could stay in a twist, you could dip your hips, you could use the right foot as a kickstand so you could side plank. It's all you. It's. So. In the. To. And one final vinyasa that fits you. And take time. Maybe you're in child's pose. Maybe you stand down, dog. Mm. Three. So you. Shh. Why? We're meeting in Down Dog. To do the other side. But again, in true freedom, you can do what you need, what you want. If you're moving with me. Inhale left foot up high. Exhale through. Center. High lunge. Remember. Work from the ground up. Hmm'hmm. And you had five breaths that were all you. That's. She. Again. If practice was an offering, how could you make it unique to you, to your circumstances? So what you need? What you need to cast down. And an inhale, the arms go up overhead. All that energy is there. Exhale, it goes forward. Inhale. It comes up. Exhale. It goes spoiled. And some of us fly. Some of us don't. The. Soft standing knee. Kick the back heel behind you. Lower down the back foot.

Warrior two. Remember that power that we talked about? It's not performative. But it's really. Tapping into the fact that that thing that started the universe is the same thing holding us here. Don't. That we can exalt in the wonder of our beings. As you inhale, fold forward. As hell. Rivers. Inhale to stretch through the left side body to exhale, citing a tract. Charles. You could say. That. Or find a side angle that works for you. So. Remember, the more the seats under you, the more space you have to play. You. And when pivoting, the. Back foot right palm takes over the right lung edge of the mat lower down the right knee. We're here in a lizard trying. Stay lay notice. Mhm. That's not true. Then how could you have a longer spine to inhabit? More of your space, more of your maps? This. It's now slowly back off when you're ready. Keep the right palm down. Inhale, lift the left fingers. You could say lift the back leg. Top hip. Rise it and you have space to play. We. And you'll know when you're ready to vinyasa.

This work.

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Facing it. Swirlx. If we were. In one of my Sunday Freedom Flow classes, this would be a time for you to practice your freedom. And so, since I can't give all the time that I would give the Sunday student, if you had 25 breaths where you could do whatever it is your practice required, what would it be? If you're at home and you want to go inverted, feel free. To reach. Out. If there's a particular sensation that you need to tend to in the body. For rest is what you need. Please take it. We'll check back in soon. Mm. Part. Are anything spot will be down dog. So you keep doing you taking whatever you need. But we'll all gather. Together and down John to complete our Friday morning practice. Oh. No.

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Her. Um. And this love is love will carry you. Huh? Oh. Further down. Dog. Walking your

palms to meet you at the back of the mat. Year and a half. Forward fold. Inhale. Exhale, we fold. Inhale, the arms go up overhead. As I'm sitting. Here. Right now, the weight is between both feet. You can feel the top left, the top right, the bottom left, the bottom right. Allow the weight to go over to the left foot. Let it go to the right. Back to the. Left. Press down into the left foot. Inhale. Lift the right knee. One leg to Dossena, flexing the toes to help level the hips. Thankfully, there are no mirrors here, so you just have to feel it. Inhale the arms overhead. On an exhale, this right ankle crosses over the left thigh. Option one palms of prayer. This is it. Option two. You bring in a seat. And you. Could forward. Folds. Uh, you can take flight five breaths, whatever it is that you need. I don't know. The right knee is pushing away from you. Three. Two.

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One. Inhale the one leg to Dossena. See. As you exhale, step forward. Pivot down the back foot. Philip addressing the one warrior one. The shoulders and the. Hips are square to the top as your body needs for now. Gaze in between the hands. Soften in. The shoulders. And he'll get tall. Exhale. Warrior two. Place we've been before. It's. The next inhale that we're going to take will bring us to Skandasana at the back of the mat. So you're bending that left leg, left knee, maybe you're low to the ground, maybe you're not. Inhale. Skandasana. And your skin could look however it needs to. You could keep the thigh parallel to the ground. Right here. Five breaths. Sturdy, tall. To. When inhale, bring the left palm to the inside of the right foot. That twist that we did is back. We're just traveling the length of our map showing that power is all around the four corners. Inhale, lift towards the sky. Exhale. Touch down. Inhale right foot up high. Three legged dogs. Exhale, right foot touches the earth.

So the palms. Come back to the back edge of the mat. Inhale to half. Exhale to. Fold. In the arms up overhead. Exhale. The last of our standing postures. The weight is in the right foot. Inhale to lift the left knee. Now you know that we're headed to a standing figure for. So get there. How feels good to you and what you need. And maybe the needs are different on this side than the other side. See under. Not behind. We. Inhale one leg. So perhaps we'll step. Pivot down the back foot. More than one. Uh. By. Inhale. Tawas. Exhale. Warrior two. Mm. Open across. The chest. Our next inhale and exhale towards the back. Inhale. And again. It could look different. Here. See. Our gaze moves. Towards the top of the mat. This right palm takes over the right lung edge. Lift the hips. Lift the left fingers. Inhale. Exhale. Touch down. Inhale. Three legged dog. Exhale. Bring it down to the earth. Your knees will come down. The feet will go out to the left or to the right. Coming down to a comfortable seat.

Sending the legs forward. Dandasana. Moving the fleshy parts out the way. Now we're going to do this twice, five breaths each. Um, bring in what you need so you can bring a block

under your seat or behind the seat. You could bend the knees a lot as you inhale. We're nice and tall, rooted into the sit bones. Inhale.

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As you exhale, we're up and over. Notice there are bones under the big toe. Pull in there. Elongate the spine if you bend anywhere, the elbows. Soften the back of the neck. Page.

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Monosiga camara. Inhale, fill the body. Exhale. Release. Got our second. One. Maybe something changes. Maybe bringing a block if you didn't use it, straighten the legs that they were bent. Adjusting if the seat has changed orientation. Inhale. We're up. Exhale over. Sheila Brown. Uppercut. It competed in the. Uh, Bacardi. Come on, Lady Love. So we come out of. It when you're ready. The feet touch the earth. The knees go by lowering down to your back. The. Let's pretend there's a block between the knees. There's that much space. Plant down the palms. As you inhale, lift the seat up high. The chest to the chin. The chin to the sky. Bridge pose. You could press down onto the palms. Or maybe interlock the fingers. Hug the shoulder blades underneath. If real is in your practice and you would like to take it here at home, feel free. She got. The. Adam's version is gonna be one. Lowering down. Inhale. Hug the knees into the chest. Exhale. Opening up to the right side catches the arms. Gaze beyond the left shoulder.

ERA. Da da da da da da. Da da da da da da da da dum dee dee dum dum dum. Sri Rama, Rama Rama, Sri Rama Rao. Sri Rama. Rama. Rama. She ran around her. Inhale through center. If you're ready to go. Exhale over to the other side of the. Annamacharya. Parama ishta. Manthra. Ramayanam. Sundari. Diya. Sanda. Vasanthi. Guillum. Anna. Some dodgy daylights out of. Us until we inhale. Back to center. And on the exhale, maybe it's rest. Maybe there's something else that you need. Because we're close to time. We want to make sure that. Let me share my things and appreciation. And he joined me in this year's space. Whether in the flesh or in spirit. This practice teaches that. Both at one. If you have the ability to stay in Shavasana for five minutes, you should. To honor this. Moment. While you're here. Let this be your moment of gratitude and appreciation for yourself. Because I don't know how often. We really take stock of the wonders that we are. That for so many of us. So many things have tried to root us out.

I tried to steal us from this moment. And yet here we are. Drawing breath. May we always. Remember. That we are holy. Sacred. Needed and necessary. With the same. Stardust that rises those things into the air is the same thing. Saturated deep into. The marrow of. Our bones. The point of this practice is to get us free. We cannot get free. Healed or hold. Disembodied or by ourselves. Here. Now we go. To be good stewards of this practice, building a world where all people can be free. May peace, love, joy. Justice, mercy, grace be

our familiars until we see each other again. With a grateful. Loving and obedient heart.
From me to you. Not the same.