



Not all exercises are suitable for everyone. To reduce the risk of injury, never force or strain. Honor your body and be patient with yourself. Step by step build up your strength, flexibility and balance. Consult your physician before beginning this or any other exercise program. Thank you and enjoy.

Yoga for Weight Loss

Duration: 30 minutes

Level: Mixed Levels

Props Needed: a block (or a thick book), a bolster (or a pillow), and a strap (or a thick, long scarf)

Jump into this vigorous flow if you want to lose extra pounds, tone up, or simply get pumped up for the upcoming day (highly recommended instead of the morning coffee).

If your aim is to lose weight, however, do this flow at least 3x/week and (it goes without saying) be mindful of your eating habits.

This flow will also improve your body awareness and mind-body connection.

Important: Please focus on the alignment tips to make sure your joints and muscles are safe and protected throughout the practice. If you need a break at any point, just go into Child's Pose — and then back to Karina.

Have fun through this creative routine with a little bit of everything:

- Sun salutation to warm you up, followed by hip openers, backbends, core workout...
- Ends with sweet cool down poses and 5-minute meditation in Savasana to regroup.



Sensual Yoga Foundations

Psalm Isadora

0:00

20:58

1x

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Sensual Yoga Foundations

Duration: 20 minutes

Level: All levels.

Sensuality is one of the essential lessons of yoga, although it is rarely emphasized as such. For this reason, Psalm Isadora has created this special sequence to awaken and encourage the flow of your sensual energy AND to feed your brain with happy hormones.

- You'll start with different breathing and "belly-pumping" techniques.
- Then you'll dive into lots of sensual hip circles, squats, twists and variation on Sun Salutation.
- There will be a few backbends for heart opening and grounding poses.

Don't get fooled by the name, it ain't fluffy stuff — this session is a great workout for your core, glutes, and leg muscles.

Enjoy.

Flex, Hips, & Hamstrings

Duration: 33 minutes

Level: Beginner

Props needed: A strap (or a scarf), 2 blocks (or thick books). Optional: A blanket or a bolster

This flow is a perfect example of so-called Yin style yoga.

What is it about?

Yin yoga is a more meditative approach with a physical focus much deeper than dynamic Yang style practices (like Vinyasa).

During the session, you will:

- Only enter a handful of asanas, but you'll keep each of them for a couple of minutes.
- You'll use breath to relax your mind, body and open up to the spine. Just breathe, trust the process and your body will open up in its own time.
- You'll access the deeper tissues and focus on areas that encompass a joint (hips, sacrum, spine).

As we age, flexibility in the joints decreases and Yin yoga is a wonderful way to maintain that flexibility — something that many don't seem to be too concerned about until they notice it is gone. When you come into the poses, think about slowing down. Find your place of stillness.

This practice of yoga requires students to be ready to get intimate with the self, with feelings, sensations, and emotions (something that can be easy to avoid in a fast-paced yoga practice).

Many find immediate benefits, such as:

- Hips that are more deeply opened up, a more relaxed body, and centered mind.
- Long-term benefits include greater stamina and coping for stress and anxiety, better ability to sit still in meditation, better protection of joints, and regulated and balanced energy between the mind and the body.

So take a deep inhale and join Dylan Werner in this incredibly relaxing and grounding yoga session.

**CECILIA SARDEO**

co-founder and host of zenward

Congratulations!

How have the last 30 days been for you?

Are you discovering things about yourself you never knew before? Did you hit any walls or periods of soul-searching realization?

Whatever your journey was, know that it was yours, and yours alone, and I'm so proud of how far you've come.

You're now ready to explore the rest of our action-packed library:

- Our classes range from 10 minutes to 1 hour or more, so you'll ALWAYS find a good fit for your schedule.
- Adapt the session to your needs and mood — you can choose from gentle yoga, dynamic and sweaty yoga... to sensual yoga and more.
- You'll be getting one yoga class every week to bring yourself to back the mat.
- And you can explore some powerful meditations and stillness sessions — as yoga is a holistic practice that also cares for your mental and spiritual wellbeing.

And don't worry, I'll be here to guide you, support you and kick your butt on a lazy day. Just tune into the [Zenward Cafe](#) to keep yourself motivated and inspired to get out of bed to nourish your body, mind and soul through your yoga practice.

When we practice yoga, we find our true selves. So, welcome back home.

Breath. Listen. Enjoy.

- Ceci



ZENWARD

DYLAN WERNER

Intermediate Flex Hips and Hamstring

Welcome to Flex Hips and Hamstrings - Level 2 with Dylan Werner

Duration: 30 minutes

Why are hip openers so good for us?

Most of us spend the majority of our day sitting down, bound to a desk job. Among a myriad of other health problems, our sedentary lifestyles result in excessively tight hips. That's because when we sit, we shorten our hips flexors and tighten our hip rotators. And tight hips can mean excess strain on the spine and limited mobility — side effects you DO NOT want.

Luckily, **yoga poses that lengthen and stretch the hips lead not only to increased flexibility but also mental and emotional well-being.** In yogic tradition, it is believed that we store a lot of negative emotions and feelings in our hips. By practicing hip openers, we allow these suppressed emotions to come to the surface. This in turn enables us to release fully that which no longer serves us. And that means more energy and space to grow and flourish into our best selves.

That said, Yin yoga is probably the most effective way of working on hip openers.

Yin yoga is a more meditative approach with a physical focus much deeper than dynamic Yang style practices (like Vinyasa). During the session you'll only enter a handful of asanas, but you'll keep each of them for a couple of minutes. You'll use breath to relax your mind, body, and open up to the spine. Just breathe, trust the process and body will open up in its own time.

So take a deep inhale and join Dylan Werner in this incredibly relaxing and grounding yoga session. You'll go through poses like malasana, lizard pose, pigeon pose and more juicy hip openers. The practice will end in beautiful and meditative heart-opening pose. Enjoy!

Props needed: A strap (or a scarf), 2 blocks (or thick books);

Level: Intermediate



Sensual Yoga Cardio

Psalm Isadora

0:00

15:50

1x

Welcome to Sensual Yoga Cardio with Psalm Isadora

Duration: 16 minutes

Psalm Isadora prepared for you a Sensual Yoga session aiming to improve your **cardio, stamina**, give you an **oxygen injection** (very refreshing and rejuvenating for both brain and body!) AND to release **serotonin and dopamine** (your natural mood enhancers).

It's a great overall work out... but your **hips, butt and legs will get some extra-loving-attention.**

You'll start with powerful breathing exercises as a warm up. Then you'll move to modified sun salutation and stretches.

All very sensual — Psalm's style.

Are you ready? :)

Enjoy your session!

Props Needed: None

Level: All levels.