



Gentle Warrior Yoga: A Peaceful Practice

The Warrior Poses are deeply symbolic as they mimic the great Hindu epic of a love story featuring Shiva. The poses are a dance of love and teach the Yogi that a true warrior is not one who kills, but who stands up for love, who choose love, who is love.

Life can ask you to be a warrior. Can you do so with gentleness and peace? Can you be an example of a leader of love? A true warrior for all that is good. Can you stand up for good by being a living example of it? By choose peace, joy, balance...

In the sacred yogic text, The Yoga Sutra's, in chapter 1, line 33, it discusses how to deal with negativity. This yoga philosophy likens the person as a warrior: one who fights the good fight. It states: "In order to preserve an elevated state of mind, be happy for those who are happy, cultivate compassion for those who are sad, feel delight for those deemed to be lucky, and experience indifference toward those perceived to be wicked."

This gentle yoga class is designed to help you remember that strength and being strong comes from a gentle place: the more sacred and more divine something is, the more strong it is. This practice is focused on allowing you to soften, to take your time, and to invite in the gentle quality of that of a peaceful warrior.

Length: 60 minutes

Optional Playlist: Listen to [this](#) playlist as it is full of sacred chants to help you feel strong, fierce and a warrior for peace.

Opening Mantra:

- Sit in Easy Pose and read this definition of a warrior from the sacred yoga text, The Yoga Sutras:

This chat is said to balance the brain and the blood bringing strength and inner harmony.

In order to preserve an elevated state of mind, be happy for those who are happy, cultivate compassion for those who are sad, feel delight for those deemed to be lucky, and experience indifference toward those perceived to be wicked.'

Focus on these words throughout class. Repeat the given mantra for each group of poses. Say this mantra in each of the poses that follow it. Let them be your anchor, activating the peaceful warrior within.

Move:

Mantra: I am happy for those that are happy.

- Easy Pose with Gentle Breathing: Inhale for three counts and exhale for 5 counts. Repeat this Repeat this breathing pattern for at least 10 rounds. This type of breathing immediately relaxes the body and mind allowing it surrender into the parasympathetic nervous system.
- Seated Fold from Easy Pose
- Seated Twist from Easy Pose (Left and Right)
- Seated Cat Cow
- Seated Neck Stretch (Ear toward Shoulder: Both left and right)
- Child's Pose (come to this pose at any time to rest)
- Child's Pose Twist
- Cat Cow
- Thread the Needle (Left and Right)
- Half Side Plank (Left and Right)
- Child's Pose
- Downward Dog
- Forward Fold

Mantra: I hold compassion for those that are sad.

- Mountain Pose
- Arms Over Head Pose
- Side Body Stretch (Left and Right)
- Forward Fold
- Downward Dog
- Forward Fold
- Arms Over Head Pose
- Side Body Stretch (Left and Right)
- Mountain Pose
- Warrior 1: Left
- Mountain Pose
- Warrior 1: Right
- Mountain Pose
- Forward Fold with Arms Interlaced Behind Back
- Mountain Pose
- Humble Warrior: Left
- Mountain Pose
- Humble Warrior: Right
- Mountain Pose
- Warrior 2: Left
- Mountain Pose

- Warrior 2: Right
- Mountain Pose
- *Mantra: I am delighted for those that are lucky.*
- Reversed Warrior 2: Left
- Mountain Pose
- Reversed Warrior 2: Right
- Mountain Pose
- Half Standing Split (Left and Right)
- Mountain Pose
- Warrior 3: Left (Use the wall to support you)
- Mountain Pose
- Warrior 3: Right (Use the wall to support you)
- Downward Dog
- Child's Pose

Mantra: I am neutral towards those that are wicked.

- Hero's Pose with **Trauma Releasing Breath**: Take 4 small, fast sips of air in through your nose and then exhale deeply through your mouth. Do this 10 times. Stop if you feel dizzy. This breath mimics a time when you felt trauma and lost your breath: you are taking back your power and healing from this memory without remembering it mentally through the breath.
- Seated Wide Leg Forward Fold
- Bound Angle Pose with ½ Neck Circles
- Half Butterfly Pose (Left and Right)
- Staff Pose
- Seated Forward Fold
- Staff Pose
- Half Lord of the Fish Pose (Left and Right)
- Staff Pose
- Reclining Twist (Left and Right)
- Reclining Bound Angle Pose + 5 Aums
- Happy Baby
- Savanasana

Closing Mantra + Chant:

I am happy for those that are happy.
 I hold compassion for those that are sad.
 I am delighted for those that are lucky.
 I am neutral towards those that are wicked.
 AUM (5 times)

Disclaimer: Yoga With Shawna Inc holds no responsibility for you. By completing this flow you acknowledge that you are participating voluntarily in using this suggested sequence and that you are solely and personally responsible for your choices, actions and results, now and in the future. You accept full responsibility for the consequences of your use, or non-use, of any information provided by Yoga With Shawna Inc. and you agree to use your own judgment and due diligence before implementing any idea, suggestion or recommendation from Yoga With Shawna Inc. You are responsible for you.

