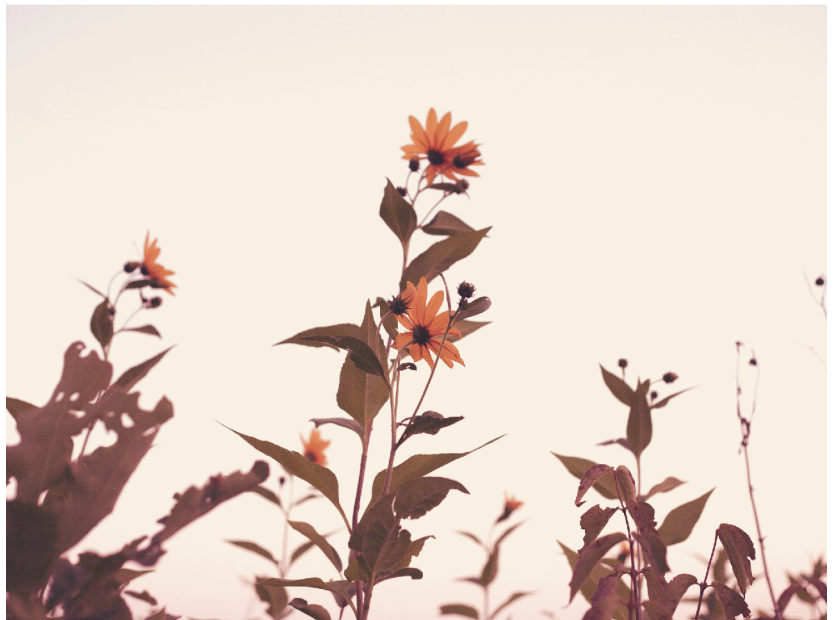


YOGA WITH REBECCA

A Journey Through Space & Time, Breath & Movement

FIVE MINUTE SEATED FLOW

*A simple sequence to
do anytime, anywhere.*



Hello Yogis!

I created this 5 minute Seated Flow for all of you so you could have something you could do anywhere at anytime. For those of you who are new to Yoga, welcome! Be kind to yourself and don't be afraid to take things slow. One of the most common things I hear for anyone trying to incorporate any sort of movement or fitness routine into their life is that they don't have the time, they are not flexible, or strong enough. We have to remind ourselves that we must all start somewhere and there is nothing wrong with starting small!



HOW YOU CAN USE THE FLOW

Five Minute Seated Flow

You can do this Flow when you wake up in the morning, when you are taking a break from work, when you need a break from social media, or before you go to bed. When I feel stuck, restless, or even upset a simple movement practice can help me get out of my head and back to the present moment. Gift yourself a few moments to refresh, relax, and reset.

CLICK OR TAP HERE !



Where to begin...

If you like to do things on your own accord ... take it away my friend!

If you require a little bit more guidance here are a few ways:

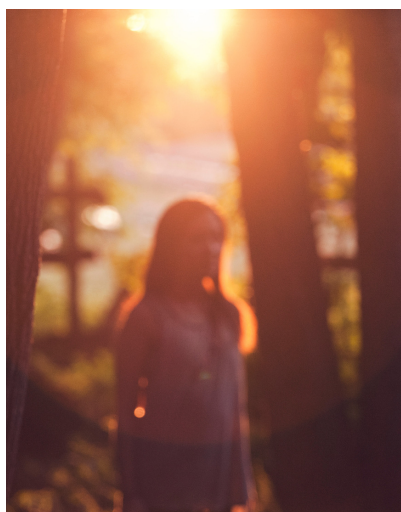
1. Start by watching the tutorials from 1-9 before you do the 'Five Minute Seated Flow' video.
2. Begin with the 'Five Minute Seated Flow' and check out the tutorials after you have completed.
3. Begin with the 'Five Minute Seated Flow' and then go to the tutorials for anything you want to dive a little deeper into.

Journaling after each practice is a calming way to collect your thoughts and express anything you may be feeling.

Before you start...

Some props you might need: pillow, yoga bolster, blocks, or blanket.

**It's not necessary to have all of these but I would recommend having one of the options listed. No need to go out and buy anything!*



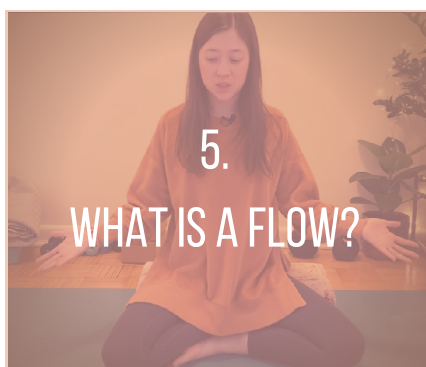
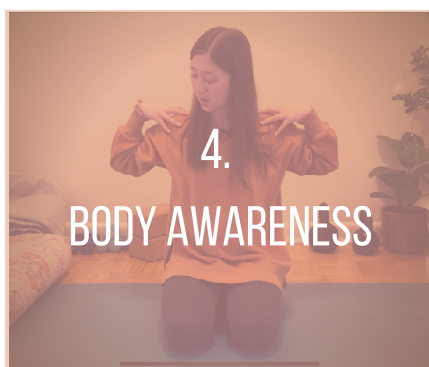
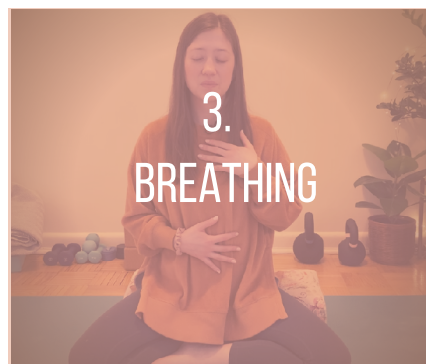
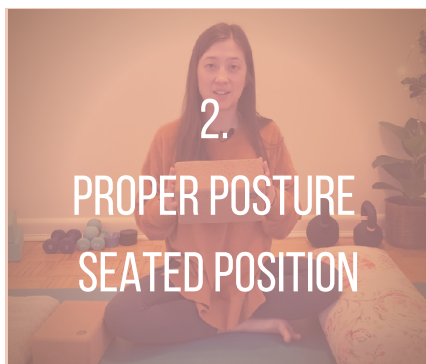
HOW YOU CAN USE THE TUTORIALS

Breaking Down the Flow

I have included some tutorials on each movement we do in this flow and what to pay attention to and be aware of. There is no right or wrong way to approach this. Feel free to watch the videos in sequential order, or in whatever order you choose. You can even use these short videos on their own for a quick guided stretch.

***If you are feeling stressed and need some grounding I recommend watching the breathing video and repeat as necessary.**

CLICK OR TAP IMAGES TO OPEN VIDEO





THANK YOU!

Thank you for investing in you! Moving our bodies daily has so many benefits on our physical and mental health. Stepping on our mat today is an attempt to be just a little bit better than we were yesterday. It's not about what we did yesterday or what we're going to do tomorrow that defines us, it's what we choose to do with today, the current moment, that defines who we are. The most important take away I'd like to leave you with is proving to yourself that what's holding you back is your own excuses. I'm the biggest offender I know, as I get to observe it every single time it happens. You are capable of so much more than you give yourself credit for. By utilizing this flow as a part of your regular practice you can prove to yourself that you are in fact a practicing Yogi and your fears and insecurities do not define you. We create our own barriers and Breath, Movement, Self Awareness, and Yoga will help to break them down.

Now ... Let's get started.

Rebecca ♡



START NOW.
BREATHE.
STRETCH.
MOVE.

You got this!

Let's Stay Connected!

Don't be afraid to reach out by email and let me know what you thought of this flow!

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