

SELF-LOVE YOGA

SILVIA MORDINI, SELF-LOVE COACH, LOVE YOUR DAY PODCAST

Before you begin this self-love themed yoga sequence, turn off your phone, put on relaxing music, diffuse essential oil, get a blanket.

Self-Love Poses

1. Start seated on blanket for Alternate Nostril Breathing (Nadi Shodhana Pranayama) to calm your nervous system.
2. Child's Pose to quiet your mind with head lower than your heart
3. Standing Forward Fold releasing tension from spine, back of heart
4. Warrior A, from forward fold hands on ground, step one foot back, heel down. Stand up from stable legs, feet grounded. Open your heart arms up or back.
5. Bridge Pose, lie on back, legs bent, knees above ankles, lift heart & hips
6. Savasana, cover up with blanket, heart full & rest

I am a Love Alchemist, Happiness Activist, Transformation Leader, Creative Changemaker, and internationally recognized Educator and Presenter.

For over 15 years, with more than 13,000 hours of teaching experience through my writings, in person seminars, online courses, podcast and international retreats and trainings I've activated people around the world to get unstuck from their pain and up level their (spiritual) happiness. I guarantee results fast.

My life story and radical transcendence serve as a catalyst for clients to save time healing by removing what holds them back because I personally know **it's possible to transform your trauma to dharma and transmute your drama to dreams.**



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