

Day-off Easy Flow #2

One of the most popular videos gets a sequel! This is for that rest day, when you don't want to do anything strenuous, but you want to move your body and stretch a little. Also great for the days leading up to a competition, when you don't want to exert yourself. A good half an hour of relaxation!

Slow flow (10 minutes)

A short, easy flow for when you feel depleted and you just want to just lay down, but you should move instead. Nothing fancy, nothing hard, no reason for you to not do it right now!

Less talk more yoga

Less description, more 30 minutes of fun flow.

Lunge Flow

This flow will feature many lunge poses, warriors and rolling knees, to open up and strengthen those legs and hips. You will sweat and possibly shake, but you will also feel great after you are done!

Plank warm-up (short and effective)

For when you want to warm up decently in a short amount of time. You will shake a little bit, but also activate your body and develop some strength.

5 minute warm-up

Don't make a habit of being late for training and relying on this 5 minute magic warm up. It will help occasionally, when you can't help being late, but know that your body needs more attention than this. We get the body going as best we can in just 5 minutes with this flow.

The rolling knee

The rolling knee is a grueling position in the beginning, but it is very wise to learn how to do it right as you will see it in many flows. It is also a great way to stretch your hamstrings and the posterior side of your body.

Animal moves 1 (warm-up)

A very effective and fun warm-up. Mimicking animal movements is good for you (in the appropriate circumstances)

This is how we roll

Rolling exercises to release tension in your spine and find "butt-balance", or core contact. Perfect for those of you that like very BJJ specific yoga.

Morning yoga (10 minutes)

You know that horrible stiff feeling you have after waking up during a week of particularly tough training. Here is a great way to get rid of it, fast. The only thing you need to do is get your bed out of bed 10 minutes sooner. The comfort of the bed is an illusion!

Day-off easy flow

This one is also one of the favorites on the website. The perfect way to get your body moving when you shouldn't work hard (rest day) or you just don't feel like it.

Yoga flow for rocks

If you want your body to rock, instead of resembling a rock this is the flow for you. Easy, adjusted for inflexible people and yet challenging enough. 30 minutes is 2,6% of your day and the benefits will be amazing, so get to it!

Spinal maintenance

A sequence designed to maintain your spine in good health. Consists of backbends and forward flows, appropriate for beginners, but please first go through tutorials for these positions so you can protect yourself while improving!

Sunsalutations (#1)

Sun-salutations are the core of yoga and in this flow you will get acquainted with 20 minutes of them. Great for warming up and opening your body before training/in the morning/anytime.

Warm-up flow 2

The second warm-up flow. 20 challenging minutes that will have you ready for class. Try doing it before the conventional warm up too, you will see a big difference!

Warm-up flow #1

The original warm up flow aka the best way to get ready for a jiu jitsu class. Opening up your body, releasing tension of your normal day and building some heat to get you ready for attacking necks. Also good for competitions.

Closed Guard Core Work

Working to increase strength, endurance and flexibility in our hip-flexors, core and back, to help us break posture and finish armbars from the closed guard. This intense class requires a pre-warmup.

10 sun salutations

Pretty straightforward here. 10 sun salutations, but you can be brave and do 20 or 30 or 80. It's oldschool yoga, ancient really!

Short simple yoga flow

Short sun salutation flow with some nice stretches and strengthening stuff on all fours. In other words, a great way to start your day or training!

Pre-tournament Flow

You know that stiff feeling before a competition, when you think you'll get tired from 3 push-ups and you can't really see a way you will get warmed up properly? Yeah, that sh*t needs to go! Find a spot, take some time, way before your division is scheduled and do this. Your body will get into peak state without you getting tired and you will focus on doing the poses correctly and breathing, so you won't have time for that nervous train of thought that tries to occupy your brain right before the first match.

Short Core Flow

News flash: Crunches or sit-ups are silly. You don't get abs from them and they don't do much good on their own. If you were going for a 6 pack abs you need nutrition+cardio+core workouts, but you are likely a BJJ athlete and you know this. Why do we do core? It's simple - to be better at submitting people without pain. You need a strong core for almost anything and flows like this one are your best bet to get it!

Sidebody Flow

This flow attacks the sides of your body, makes you open up and lengthen your body. It is the cold shower of yoga flows, likely to not feel that nice while you're doing it, but it will feel amazing once you're done.

Straddles (Basic sequence #2)

Another basic yoga flow, this time focusing on the straddle position. At just 20 minutes try to fit it into your day, you will feel better, guaranteed!

35 minute yoga flow

Very simple, very self-explanatory. Another in the series of flows, not very long and it can serve as a great warm-up, either before training or competition!

HIP sequence

Nothing will make you more hip in the eyes of your teammates than doing this short flow before your yoga class! Your hips will be very thankful during and after training, after sitting for a long time etc. Very relaxing and good for the rest of your body too!

Back in Control

Lower Back Pain Recovery Program 101 is a user favorite on this website, because it contains the best exercises I know to recover from a painful lower back! Disclaimer: BE CAREFUL! If you have a actual low-back problem i would go easy here, especially with boat pose and the lying-belly-down backbends (cobra). Take care of yourself and listen to your body's quiet signals more than you listen to my general advices.

Hip opening (with deep breathing)

Here is a relaxing way to open your hips while moving in sync with your breath. You can do this sequence multiple times for greater effect!

Short flow – ODB (one deep breath)

A short flow, with one deep breath in every position. As simple as that, do it now, you will feel better in 20 minutes.

Full yoga flow #1 (1hr)

One of the longer flows on the website for when you want to relax and let your problems melt away for an hour. It is comprised of mostly basic poses which will build heat and strength and leave your body ready for new challenges.

Basic yoga sequence #1 – flow

A half hour long flow with basic movements to get your body moving.