

beginners

warm-up

tutorials

flowclasses

stretches

short-tips

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.

Less talk more yoga

Less description, more 30 minutes of fun flow.

Easy Spine Warm-up

Very easy, relaxing warm-up for your spine. I have your back!

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!

Insane 5 minute planks

You want a challenge? Well, here it is. No one will finish this video without shaking and possibly thinking of quitting, but it is also a great way to test your body.

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.

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!

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!

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!

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.