

Free Flow Yoga

What is Free Flow Yoga?

Freedom arises out of the flow - in the here and now, in the lightness of being, in which you fully merge into what you are currently doing. In the flow there is no sensation for time, no thought of the future or the past - or anything else. There is only the present moment. In the flow you are totally one with your self. In the flow you experience a conscious and aware state of being. Being aware is yoga.

Become aware of your body.
Your body awareness is the key to the here and now.
To your own power.
To your own freedom.
To your own flow.
To your own yoga.

Free Flow Yoga

is for people, who

- want to set themselves free from their feeling of being press-ganged by society
- want to live FULLY
- want to overcome the compromises in their lives
- want to pull themselves the strings of their lives
- want to transcend their boundaries and blockades
- want to become aware of their own power
- want their individual light become radiant

Free Flow Yoga

- raises your wellbeing
- enhances your body awareness
- increases your strength
- makes you more flexible
- boosts your radiance
- upgrades your attractiveness

...but these are only side effects!

Free Flow Yoga

- makes you aware of your trained mental patterns
- breaks away your plugged-in habits
- questions your deadlocked behaviors

Free Flow Yoga

- removes the autopilot out of your life
- encourages you to step on NEW paths
- strengthens your willpower and your discipline
- boosts your creativity
- wakes your intuition
- cultivates your habit(!) to do what you experience being GOOD for you
- forms your ability to inspire others by your example

Free Flow Yoga is a body-based training for awareness and mindfulness.

To practice Free Flow Yoga delightfully and successfully, you should be uninhibited by severe health problems, and physical activity should not be strange for you.

"Yoga is 99% practice and 1% theory." (Patthabi Jois)

You will

- learn to be aware of your grounding.
- practice mindful breathing.
- work on synchronizing your movements with your breath.
- strengthen and stretch your whole body.
- learn to move fluently and intuitively.

- face challenges in a playful way and master these.
- raise your presence and clarity.
- become used to observe your thoughts, your emotions and your behavior.
- see through your patterns by which you manipulate and sabotage yourself and others.
- decide mindfully not to operate useless patterns, but to embrace the NEW.
- manifest new, unknown possibilities.
- gear your life towards contentment and happiness.
- inspire other people to gear their lives towards contentment and happiness. Even if you don't want to :-)

More about Roman

I have always been a libertine. But in the age of 25, as I had completed my first education as a graphic designer, I had to realise that my life was absolutely not about to function: I was not able to follow my desire for freedom as a freelance artist. It took some years to find out why.

I had a nightshift job as an unskilled worker and I was saving my money to break out of my frustration celebrating excessive parties. One day this situation forced me to make a decision: Do I really want to give up my dreams like that and limit myself to a meaningless existence? Or am I ready to explore my deadlocked beliefs and patterns I use to sabotage myself? Am I ready for a change?

This happened in the year 2006.

There were several lessons needed to recognize that my mind first has to become clear before it can become free.

By forceful exercise of self reflection and meditation I have managed to clarify myself so far as I became able to finish with my harmful habits and change my way of life. I discovered practical yoga exercise in 2012. Yoga helps me being aware of the moment and it is a relaxing wellbeing for my mind like no other method of exercise!

Since 6 years I've been practicing yoga in my daily life. It increases my enthusiasm to more and more realise my self. I love to provide my knowledge to interested people, and by doing this I'm also able to enhance knowledge concerning my own path.

"Words cannot convey the value of yoga - it has to be experienced." (B.K.S. Iyengar)

2012: Yoga Teacher Training Course (200hrs) Sivananda

2014: Advanced Yoga Teacher Training Course (300hrs) Sivananda

2013-now: enhanced ongoing teaching experience

2014-now: intense own practice of vinyasa yoga

2015: continuing education in Vinyasa Power Yoga according to Bryan Kest (40hrs) Vinyasa Power Yoga Akademie

2016-now: Cody Training according to Dylan Werner, Ashley Galvin

2017-2018: Yoga Teacher Training Intensive (300hrs) Mark Stephens

My yoga style and teaching practice

My yoga practice is invigorating, but also relaxed. In a way down-to-earth I teach elemental poses and flows which are easy to learn, with an emphasis on alignment.

My teaching is geared to Vinyasa Flow Yoga by Mark Stephens, and Power Yoga.

Yoga classes

My yoga classes take place in Greater Munich. In groups as well as in personal classes I immerse into the Creative Flow together with my yogis.

Suggestions for your relaxed yoga practice

Don't eat any heavy food at least 2 hours before your class. Be in the studio 10 minutes before your class starts. Remove your shoes before entering the rooms.

Wear comfortable but tough clothes.

Have enough time also for the most enjoyable exercise: the final relaxation :-)

Please notice

Your participation in class will be on your own responsibility. If you have any health issues please be sure to see your doctor in preparation of your practice.