

WHAT IS BODYFLOW?

A dynamic fusion of traditional mind-body disciplines of yoga, Tai Chi and Pilates. It is a holistic exercise-to-music class set to calming yet powerful music. BODYFLOW®, participants will use their own body weight to build strength and flexibility, particularly in the legs, hips, core and shoulders. These two benefits create the perfect cross-training complement to most other workouts.

WHAT IS THE ESSENCE?

BODYFLOW is an athletic blend of yoga, Tai Chi and Pilates which leaves participants feeling long, strong, centered and calm. There is no judgement, expectation or sense of competition with ourselves or others.

KEY INSTRUCTOR TRAITS

**CARING & INCLUSIVE.
FRIENDLY & ENCOURAGING.
UNDERSTANDING OF ALL
EXPERIENCE LEVELS.
WILLING TO WORK WITHIN
THEIR OWN CAPABILITIES
AND LIMITATIONS WHILE
ENCOURAGING OTHERS
MORE ADVANCED.**

CLASS LENGTHS



EQUIPMENT NEEDED

YOGA MAT.

