



FLOW YOGA is a combination of Pilates, Yoga and Tai Chi. Controlled breathing, concentration and a structured series of stretching, moves and poses create a holistic workout that brings the body into a state of harmony and balance. This workout builds flexibility and strength and leaves you feeling centered and calm.



Improve your joint flexibility

Increases lubrication of the joints, ligaments and tendons

Increase your core strength

Excellent toning of the muscles

Improve your cardio-vascular function

Burn calories

Reduce your stress levels

Provide a lasting sense of well-being and calm

Focus your mind and raise your level of consciousness