

## Yoga Flow with Mins

If you've been interested in dance, creative improvisations or mindfulness through movement, you will have an opportunity to explore it in our Yoga Flow class which will be available from June.



This class is a Vinyasa (flow-based) practice, where you follow the breath to flow from pose to pose, with Sun Salutations and its variations being the mainstay of the practice. Focusing on graceful transitions and creative ways of approaching poses, elements of contemporary dance and play are incorporated to allow you to explore different ways of moving within a Yoga practice.

In a typical session, grounding practices and basic breathing techniques will be introduced before flowing into movements. As we will flow from one pose to another, prior experience and basic knowledge of Yoga is recommended to ensure that you can practise safely and get the most out of each session.



Expect to finish a session feeling lighter, more centred and with greater appreciation of the different ways that your bodies can move!

- *Mins Teo, Yoga Instructor (RYT 200 in Thailand and Singapore)*

Our Yoga Flow class will be available every Thursday, 5.30pm. You can start signing up now via our Focus app to confirm a spot. Alternatively you can call us at 6235 3938 / 6327 2072 or email [bookings@focusmovement.sg](mailto:bookings@focusmovement.sg).

We look forward to seeing you in our New Yoga Flow classes!

