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• ACTIVE AGING
• ACTIVE AGING NUTRITION
• AQUA BARRE
• AQUATIC EXERCISE
• BARRE
• BOXING
• CORE TRAINING
• FLOWING YOGA
• FOAM ROLLING
• FUNCTIONAL FLEXIBILITY
• FUNCTIONAL PILATES
• GROUP EXERCISE
• GROUP FITNESS DIRECTOR/STUDIO OWNER
• GROUP STEP
• GROUP STRENGTH
• HIIT
• KETTLEBELL
• KIDS IN MOTION
• LIFESTYLE & BEHAVIORAL COACHING
• MEDITATION
• MIND BODY FUSION
• MOMS IN MOTION
• NUTRITION, HORMONES & METABOLISM
• PERFORMANCE STABILITY TRAINING
• PERSONAL TRAINING
• PILATES MATWORK
• PILATES SMALL APPARATUS
• SMALL GROUP TRAINING
• SOCIAL MEDIA
• SPORTS NUTRITION
• TAI CHI
• WATERMOTION®
• WEIGHT MANAGEMENT
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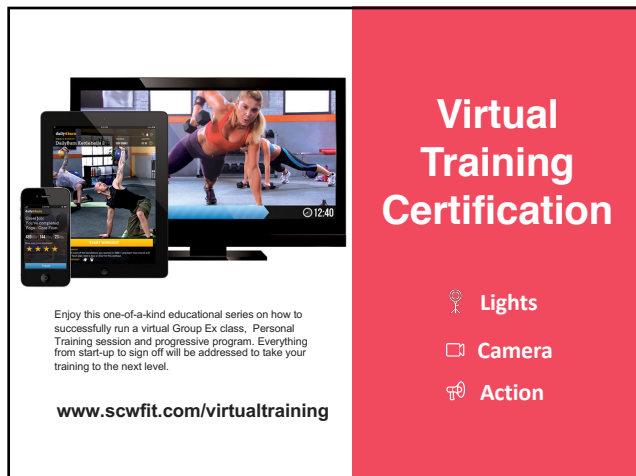


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SCW STAR PRESENTER

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soulFLOW yoga

Overview

by dioneMASON

Description: This vinyasa based class starts slowly and gradually builds into a dynamic flow providing for fluid transitions and continuous movement from posture to posture. This practice builds strength, flexibility, and endurance. Some of the postures and sequences can be a bit challenging, but you will leave feeling inspired, centered, and amazing!

Length: 75 minutes

Class Plan

Opening: Meditation and breathing techniques

Middle: Will include poses that build strength, flexibility, and endurance, while transitioning in a smooth and assessible manor.

Closing: Meditation and centralizing energy systems