

VINYASA

with Hope Lofgren-Schmidt

WEDNESDAY 6.15 - 7.30 pm

THURSDAY 10.15 - 11.30 am



Drop In 1000 Rs

Hope is a 200 RYT Yoga teacher from the USA who trained in the yoga capital of the world, Rishikesh, India. Holding a BA in Dance Performance and Choreography, she is a passionate mover inspired by the art of physicality. Hope is an avid world traveler who has rooted herself in Asia for the past few years exploring, connecting, and finding love for the self and this expansive universe. Believing that healing the body is instrumental in healing the mind, her Vinyasa Classes will be a powerful flow of dynamic Asana practice designed to strengthen and lengthen, release tension, balance energy, and bring awareness and breath to the body. Hope encourages her students to honor their bodies, and to awaken each morning to Rise and Om.

Free Flow Yoga is an uplifting yet grounding, softening yet strengthening sequence of modern dance movement and vinyasa that inspires expressiveness and creates fluidity in the body.

For details contact 268 4808 / 076 557 5556

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