



# Animal flow

4 week course (weekend or weekday OPTIONS)

Animal Flow® is an innovative movement program that combines quadruped and ground-based movement with elements from various bodyweight-training disciplines, including yoga.

Animal Flow practice will improve your mobility, strength, endurance, power and movement patterns. Animal Flow is for everyone who wants to advance his or her physical condition, and move better in everyday life. It will also help those looking to build or progress their arm balance practice, as well as vary your routine.

Animal Flow at UpDog is a structured 4-week program designed to build from the basics to ensure good form and steady practice as we progress. Over the four weeks we work with the static, activated, stretch and travelling versions of the key animal forms, before progressing through the various switches and transitions, which help develop strength, mobility and movement patterning.

Additional benefits of doing Animal Flow at UpDog

- Continual focus on MINDFUL MOVEMENT
- The IMPORTANCE OF BREATH in our practice
- Fun, safe, community environment with YOGA AT HEART
- And, we will also have SAVASANA!

Course 1

Thu 26 April, 3,10,17 May 7PM

Course 2

SAT 12,19,26 May, 2 June 4.30PM

\$90 MEMBER \$100 NON MEMBER

UpDog  
YOGA