

Asahi Mind-Body Movement: Beginners & Beyond

Weekly Hybrid Sessions

Monday, May 6th – June 24th | 6:30-7:15 PM

Weekly Video Content Available For 5 Days!



What is ASAHI? A Simple And Healthy Idea...

Asahi Nordic Method is a universal form of physical exercise that can be practiced by people of all ages and in all states of health. **It is a very simple, but comprehensive and efficient exercise routine!**

Incorporate Asahi into your health & wellness routine to help improve your health and quality of life. **Asahi will improve your** flexibility, muscle stamina, balance, coordination, and concentration

What will you experience during these classes?

There are 3 series that can be practiced.

Series 1 will be the basis of practice which you will learn for your own home practice.

We will also incorporate Series 2 and 3 into practice throughout the weeks.

Each series builds on the last and provides our bodies with more options to move and be healthy

What do I need?

Attending In-Studio: Please bring your water bottle. Practice is done standing but chairs will be available if breaks are needed.

Attending Online: You will need a smart phone device, iPad, Tablet or Computer with reliable internet access.



Sherry Oakes, RYT-200 & Certified Asahi Instructor

Easy Ways to Register: Put phone camera up to the QR Code below. A link will appear on your phone screen. Tap on the link & you'll be directed to the registration page.



FEE: Use your monthly membership, 4-class-pass, 8-class-pass or single drop-in pass!

2 Steps to Register:

First, purchase your preferred pass.
Second, register on the 5 Koshas Punch Pass Class Schedule or Calendar.

In-studio classes have LIMITED spacing available 20 spots total. Register Soon!

Can't make the weekly classes? Register to receive access to the video content for 5 days!

Questions? Contact The 5 Koshas Team at office@5koshasyoga.com