Powerflow

In-Studio & Online 3-Week Series & Video Recorded

Tuesday, December 15th – Tuesday, December 29th | 5:30-6:30 PM

Video Access until Tuesday, January 5th



Are you interested in experiencing a yoga and Pilates mat infused practice?

Powerflow combines traditional yoga with Pilates mat. The Pilates mat movements are based on the original exercise created by Joseph Pilates.

What are some of the benefits of Powerflow?
Improve muscular strength and endurance

Enhance balance and core stability

Elevate spine mobility

Develop whole body awareness

What will you experience in this series?
Begin with self-reflection through short mindfulness

Move into a dynamic yoga & mat Pilates flow, deep stretches and sun salutations

End with guided relaxation

Who should attend?
This practice is meant for everyone – all levels are welcome to join.

What you'll need?
Please have a yoga mat, blanket or pillow, water bottle and wear comfortable clothes that are easy to move in.



Natalie Doering,
Yoga & Pilates Mat Teacher

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: $30 for 3-Week Series! Included in $20 Single-Class-Pass, $69 Monthly Unlimited Yoga Membership &
$89 Monthly Premium Unlimited Yoga Membership.

Can't make the scheduled class time? Register to receive access to the weekly video content until January 18th!

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