

FOR AUDIENCES

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Friday, August 14, 2020

Flow-Mo: All Levels Power Vinyasa Yoga

Company: Nadia Khayrallah

Venue: Zoom

Location: Brooklyn, NY

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Join me on Zoom to stream & flow!

Class will be highly physical, but adaptable to various levels and needs: multiple versions and modifications of each pose will be offered. An emphasis will be placed on fluid connective movement, building stability and mobility in the space between positions, as we sweat our way towards a mental state of flow.

Let's breath, sweat, stretch, wobble, and align, test our edges, respect our boundaries, see what we lose and find. Having fun is encouraged.

Class is \$8 and can be paid before class or same day through Venmo (@nadia-khayrallah) or PayPal (nadiakhay@gmail.com)

Register: <https://zoom.us/meeting/register/tJYscOyqqz8iHNImAB-B4nvmxO0XJu9usQ4C>

Nadia Khayrallah
/
Brooklyn, NY, 11232
<https://zoom.us/meeting/register/tJYscOyqqz8iHNImAB-B4nvmxO0XJu9usQ4C>

Schedule
August 14, 2020: 11:30am

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