

Flow

**THE ULTIMATE MIND AND BODY
STRENGTH, LENGTH, & MOVEMENT CLASS
FRIDAY 08:30 – 09:15, Die Haghe Building**

Improve your flexibility and increase core strength while you reduce stress levels. You'll focus your mind and create a lasting sense of well-being and calm. You will strengthen your entire body and leave the class feeling centered and relaxed. Controlled breathing, concentration, and a carefully structured series of stretches, moves, and poses to music creates this holistic workout that brings your body flow and balance. You will leave feeling longer, stronger and calmer.

This class is ideal for anyone and everyone

For further information or to sign up visit our website at www.thehungrymind.nl or email: activities@thehungrymind.nl

