

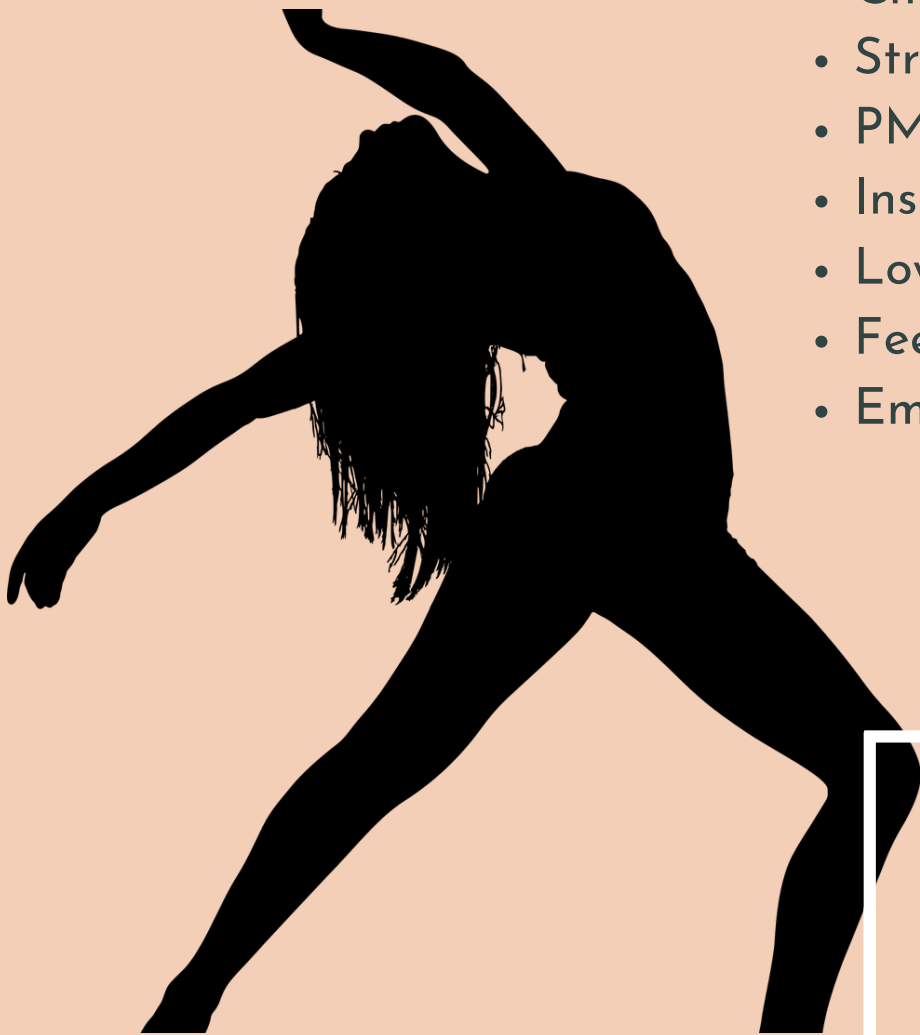
1st Session -
50% discount

YIN FLOW MOVEMENT

WHAT IS IT GOOD FOR?

- Chronic Pain
- Stress
- PMS
- Insomnia
- Low Self-Esteem
- Feeling Stuck
- Emotional Blockage

*For inquiries,
please call Anne-Christin
+34 635 97 90 37 or email
info@thebeautyofnow.net*



WHAT DO YOU NEED?

Wear comfortable clothes
to move in.

Yoga Mat

Bottle of Water



THE BEAUTY OF NOW
Balance Your Life.

Book Now

YIN FLOW MOVEMENT

WHAT IS IT?

Yin Flow Movement is a form of Movement Therapy which uses dance-like movements to improve your mental, emotional & physical wellbeing.

During the warm up you are led through a series of yoga based and psychosomatic movements to stretch and get you out of your mind and into your body.

This is followed by a series of free flowing moving exercises that connect you with your inner wisdom and allow you to understand how your body communicates with you on a daily basis.



After each exercise, you reflect on and share your experience to fully grasp what beliefs and patterns are running your life and to see how to change and shift that.

You learn to stay connected to your body on a daily basis, hear its cues, and from here create a life you truly desire - with ease, flow, love & harmony.