December 5 - December 26
Thursdays at 6:30pm
Cost: $20
Taught by Justine, VeraFlow Licensed Instructor

SIGN UP AT THE RECREATION CENTER FRONT OFFICE

THE DANCE-BASED STRETCH
CLASS WITH MINDFULNESS

VeraFlow is the only dance-based stretch available in the market. ‘Vera’ means true in Italian and the class is all about helping you to find your true flow in body and mind.

It fills a need to provide a holistic class for those who find traditional yoga and pilates classes too static and boring.

A variety of stretching techniques are used throughout the class including the more commonly used passive / static techniques but predominantly active techniques are used which have a more lasting and beneficial effect. PNF and Active Isolated stretching techniques are also taught throughout the class.

Music is a crucial element of the class and all routines are choreographed carefully to provide effective flexibility, mobility and balance training as well as entertain and keep the attention of participants.