



## **YOGA BARRE FLOW**

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### **OVERVIEW**

Muscular endurance, lengthening muscles, deepening your flexibility... all three are components of both a barre class and a yoga class. In this vinyasa-style flow, we will blend the elements of each disciplines to achieve maximum results. You do not need to have experience in either methods as the movement will be simple yet effective, and we will finish off with an opportunity to let go and replenish with a juicy rest.

### **OBJECTIVES**

1. Understand basic components of a barre workout.
2. Establish mind/body considerations for a yoga barre session.
3. Provide attendees with a yoga barre workout experience.

### **SUMMARY**

This session is designed to build strength, flexibility, balance and energy. This will be a slow-flow vinyasa class integrating breath, movement and barre principles. The class is a full-body workout that utilizes props (along with your own bodyweight) and is designed to enhance muscle endurance, improve flexibility and decrease stress. Are you ready to meet us at the barre?

**Please remember to submit a session evaluation.  
Your feedback is important to us! WSSC 2019**