



What is Yobelly Flow ?

A fusion of yoga and belly dancing, the two powerful ancient practices that empower mind, body and soul. Experience this unique class that raises the vibrations and frequencies of feminine energy, a perfect blend of Yoga and the beautiful art of Belly Dance. Unblock your 7 chakras, so the divine energy in your body can flow. Designed for all levels.

Yobelly Flow class is a full combination of Yoga (Vinyasa Based) and Belly Dance (isolation technique). This practice is very helpful for the body to open up and engage the muscles prior to learn belly dance technique. Belly dancing could be challenging for many especially who don't have any experience in it. The combination of these two formats enables deep stretching in the full body and strengthening the muscles. The power of the two techniques give confidence and connectivity to the individuals while they are getting a great work out. It is a very fun and a unique concept that people find creativity while they are getting a work out without thinking that they are. Through this format participants find that they engage into a balanced fitness class.

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