

Dancing Dragon Sequence
with Glenda Rodrigues



Participants in our Friday morning Gentle Flow class have been busy exploring the energetics of Taoist Yoga with Beyond instructor Glenda Rodrigues....

"Together we have been having so much fun learning to move gracefully through these sequences while honouring the gentle intention of the class. Over the weeks participants expressed a desire to delve deeper into these intricate sequences that I just love. So it has been wonderful to see them embrace a lighthearted and playful approach which we really have developed together as we tackle these wonderfully challenging flows."