

# Certified Animal Flow Instructor

Lisa believes bodyweight training is an integral component of any fitness regimen. Animal Flow offers very similar benefits to alternative training modalities, such as improved mobility, stability, flexibility and endurance.

It's the approach as to how you achieve this that makes Animal Flow different. Built into the technique is a natural movement flow that results when clients learn to link the individual movements together.

This flow can be performed in various tempos, rhythms, and sequences, so Lisa feels right at home tapping into her creative side of moving gained from her dance experience