



Flow Co.
CONSCIOUSLY FIT

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Call Us:
+971 4 455 9999

Flow Co
CONSCIOUSLY FIT
P.O. Box 3146
Dubai Mall, Deira
No. 1, Palm Jumeirah
Dubai, United Arab Emirates



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Holistic Approach to Fitness



Fitness takes on a whole new meaning, however, when viewed in a holistic manner. Holistic fitness connects your mind to individual parts of your body through conscious movement patterns that energize you, repair and strengthen your body, and help you take control of your life. It recharges your inner battery through conscious communication between your mind, body, and spirit, and promotes mastery of your inner self.

When you understand fitness in this context - total integration of mind, body, and spirit - it takes on a whole new meaning. Fitness becomes a way-of-life instead of something you have to do. You create the energy and mindset to eat well, exercise, deal with stress, and get things done. Lasting, sustainable habits replace the yo-yo syndrome. When this happens, you achieve total well-being.

Holistic fitness isn't something you do, it's a beneficial way-of-life that helps you look better, feel better, and live better than you ever imagined possible. It's your key to enjoying vibrant health and finding your passion!

Fitness

Physical fitness is an important part of a healthy lifestyle, especially as we age. Regular exercise can tone muscles, increase circulation, and even slow the effects of aging that few appreciate. That's why functional fitness is so exciting. During a functional fitness workout you might use body weight, dumbbells or other resistance equipment to strengthen your muscles. During each functional training exercise, you have to focus very closely on the movement to stay balanced and maintain good posture.



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P O Box 6438
FIVE Palm Jumeirah Dubai
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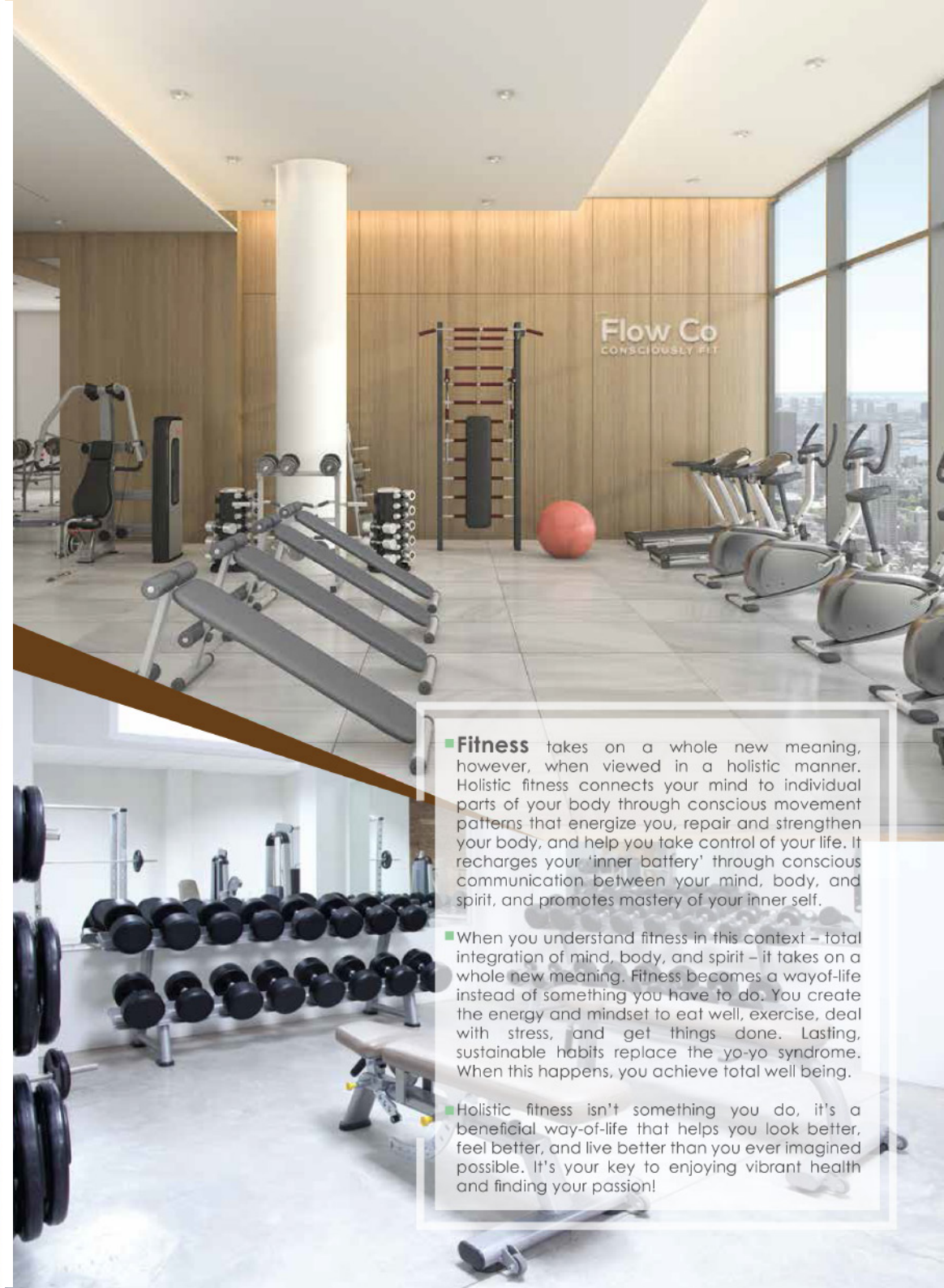
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Personal Training

The Role of a Personal Trainer Personal trainers possess the knowledge, skills and abilities necessary to design safe and effective fitness programs. They instruct and assist people in reaching personal health and fitness goals.

A personal trainer is the fitness professional and the motivation you need. Your personal trainer is extremely important to your fitness success. ... Once the goals are set, a personal trainer will teach proper exercise methods and progressions. Each piece of information taught has one purpose: to reach your fitness goals.

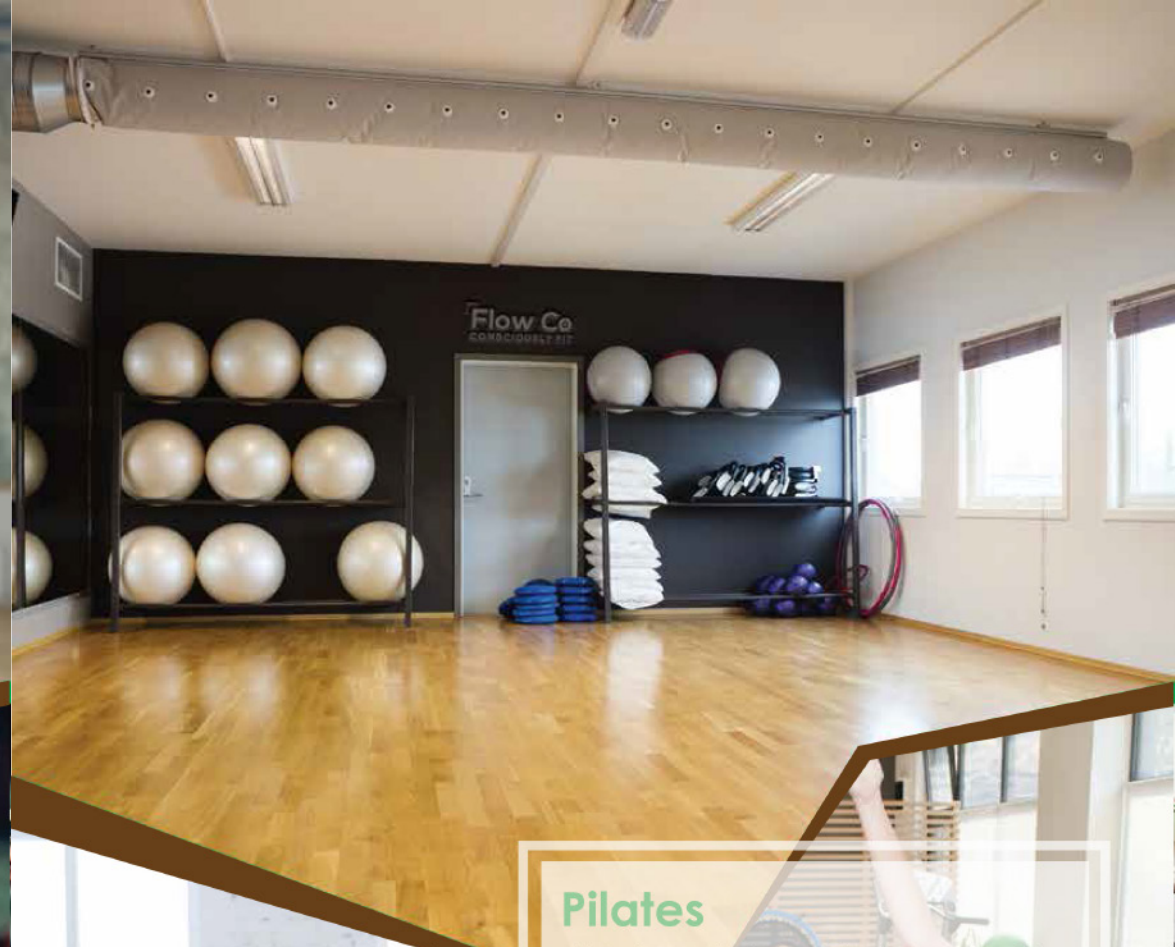




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Group Classes

- **With Group** Exercise you can achieve physical, emotional and spiritual well being while strengthening your whole body. Our classes are suitable for all interest and fitness levels and also to explore Cardio, Strength & Conditioning.
- **HIIT** is extremely effective, but it can place a tremendous amount of stress on the body. ... It is still possible to exercise the day after a HIIT session, but it should be a low to moderate intensity activity and use different muscle groups or movement patterns than those used in the high intensity workout.
- **Total Gym** delivers a total body workout in just minutes a day. Cardio, strength training, stretch all on 1 machine. Allows you to engage, strengthen and tone all major muscle groups simultaneously.



Pilates

- **Pilates** is a method of exercise that consists of low impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates is named for its creator, Joseph Pilates, who developed the exercises in the 1920s.
 - **The health** benefits of Pilates include: improved flexibility, increased muscle strength and tone, particularly of your abdominal muscles, lower back, hips and buttocks balancing strength on both sides of your body.
 - **The reformer** offers all the benefits of Pilates including overall strength, flexibility, coordination, and balance. These things, in turn, lead to daily life improvements like better posture, graceful and efficient movement, and for many, relief from pain associated with physical imbalances such as back pain.
- Pilates Principles : Centering, Concentration, Control, Precision, Breath, and Flow.**



Yoga

- **Yoga** postures known as asanas, help ease the physical discomfort that is caused by anxiety. There are many ways in which exercise benefits panic disorder, including a reduction in pain and stress. Yoga not only helps in easing the physical body, but it can also help with anxious thoughts.
- **Some** of the many health benefits of practicing yoga include improved balance, flexibility, coordination, strength, and endurance. All of these physical benefits lend themselves to improved performance in many other sports and can reduce the risk of injury during other physical activity.
- **Yoga** is a spiritual development practices to train the body and mind to self observe and become aware of their own nature. The purposes of yoga were to cultivate discernment, awareness, self-regulation and higher consciousness in the individual.
- **Meditation** is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.

Sports Therapy Massage

- **Sports therapy** aims to improve exercise performance and muscle function. Therapeutic massage emphasizes stress relief and well-being. ... Most athletes experience increased flexibility and range of motion, greater endurance and reduced muscle pain after a massage.
- **Deep tissue massage** is a type of massage therapy that focuses on realigning deeper layers of muscles and connective tissue. It is especially helpful for chronic aches and pains and contracted areas such as stiff neck and upper back, low back pain, leg muscle tightness, and sore shoulders.
- **Myofascial Release** is a safe and very effective hands-on technique that involves applying gentle sustained pressure into the Myofascial connective tissue restrictions to eliminate pain and restore motion. The use of Myofascial Release allows us to look at each person as a unique individual.
- **Trigger points** or muscle “knots” are sensitive spots in soft tissue, and too many of them is “myofascial pain syndrome.” Trigger point therapy mostly consists of rubbing and pressing on trigger points can relieve muscle tension.



Benefits of Sports Massage

- Maintain the body generally in better condition.
- Prevent injuries and loss of mobility.
- Cure and restore mobility to injured muscle tissue.
- Boost performance.
- Extend the overall life of your sporting career.
- Increased tissue permeability.
- Break down scar tissue.
- Improve tissue elasticity.
- Opens micro- circulation.
- Pain reduction.
- Reduce anxiety.



Balanced Food

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