TOP STRETCH ING

Freyah Grace

EMPOWERING MOVEMENT AND STILLNESS

Certifications

-Vinyasa Yoga
-Yin Yoga
-Flexibility
-Movement
-Breath work
-Somatic Stretching
-Body awareness
-mindful alignment

Specialties

-Hip openers, backbends, splits, and advanced flexibility training.
-Breathwork, relaxation, and meditation alongside movement.
-Children's stretching & yoga
Yin yoga
-Movement for posture
Personalised stretching routines for flexibility and strength.
-Anatomy and movement mechanics for safe and effective practice

