

# FLOWMAP™

## GLIMPSE THE MAP

## FEEL THE SHIFT

FLOWMAP™ OFFERS A  
CONTEMPORARY APPROACH TO  
**AWARENESS & MOVEMENT**  
ROOTED IN ANCIENT TRADITIONS,  
INFORMED BY MODERN SCIENCE,  
**DESIGNED TO SUPPORT YOU**  
IN EXPERIENCING THE  
INNER CALM AT THE  
**HEART OF MINDFUL LIVING**



www.amandari.co.za

# FLOWMAP™

**BLENDS ANCIENT & MODERN  
SOMATIC & MOVEMENT PRACTICES**

**LAYERED WITH INSIGHTS FROM YOGA  
BIOMECHANICS, MINDFULNESS  
BREATHWORK, COGNITIVE SCIENCE,  
AYURVEDA, ENERGY MAPPING  
BIOMECHANICS  
& MORE**

**MAP YOUR ENERGY TO  
SUPPORT WELLBEING**



**LEARN TO FEEL  
LIGHTER & CALMER,  
FOCUSED & CLEAR  
WHENEVER YOU WISH**

**EXPLORE HOW SUBTLE SHIFTS IN  
MOVEMENT & BREATH  
CHANGE HOW YOU FEEL**



www.amandari.co.za

**MOVE BEYOND  
MOVEMENT ITSELF  
EXPLORE THE FLOW  
OF YOUR OWN  
INNER ENERGY.**

**DISCOVER SUBTLE SHIFTS IN YOUR  
BODY & MIND  
YOU DIDN'T NOTICE BEFORE**

02\08



# FIND CLARITY AND BALANCE FLOWMAP™ IS MORE THAN MOVEMENT

CULTIVATE GREATER  
**AWARENESS** TO ENHANCE  
**BALANCE, RESILIENCE,**  
**EMOTIONAL REGULATION &**  
**OVERALL WELL-BEING**



# LEARN TO SENSE ENERGY PATTERNS IN YOUR BODY AND MIND - GENTLY & NATURALLY

JUST NOTICE.

NO JUDGMENT.



# STEP INTO YOUR ENERGY DISCOVER WHAT YOUR BODY AND MIND ARE ASKING FOR

MAKE CHOICES THAT SUPPORT A  
HEALTHY, BALANCED, HOLISTIC  
LIFESTYLE (PHYSICAL, EMOTIONAL,  
MENTAL & PERSONAL/RELATIONAL)



# FLOWMAP™ YOUR PERSONAL ENERGY COMPASS

BALANCE YOUR  
PHYSICAL, EMOTIONAL  
& MENTAL ENERGY

INCREASE CLARITY &  
EMOTIONAL  
RESILIENCE

USE YOGA TO  
OPTIMIZE YOUR  
ENERGY, NOT JUST  
YOUR FLEXIBILITY



[www.amandari.co.za](http://www.amandari.co.za)

WE OFFER  
**WORKSHOPS & RETREATS**  
ALSO AVAILABLE:  
WEEKLY CLASSES BASED ON  
**SOMATIC FLOWMAP™ YOGA**

GUIDING YOU TOWARD MORE **EASE**  
ONE **BREATH**, ONE **POSE**,  
ONE **MOMENT** AT A TIME.

**SOMATIC  
FLOWMAP™  
YOGA**

EXCLUSIVE TO  
AMANDARI YOGA SHALA  
GREYTON

08\08

# WHO IS THIS FOR?

## FOR **YOGA & MOVEMENT TEACHERS**

USE FLOWMAP™ TO EXPAND YOUR OFFERINGS, HELPING STUDENTS EXPLORE ENERGY, BALANCE, SELF-AWARENESS.

## FOR **PSYCHOLOGISTS & LIFE COACHES**

USE FLOWMAP™ TO HELP CLIENTS TUNE INTO BODY, BREATH, ENERGY PATTERNS, SUPPORT REFLECTION, INSIGHT, EMOTIONAL REGULATION.

## FOR **WELLNESS PRACTITIONERS**

USE FLOWMAP™ TO GUIDE RELAXATION, STRESS REDUCTION, PERSONAL INSIGHT DURING SESSIONS.

## FOR **ANYONE INTERESTED IN GREATER SELF-AWARENESS**

USE FLOWMAP™ TO DISCOVER HOW YOUR ENERGY FLOWS, RESET YOUR NERVOUS SYSTEM, FIND EASE IN DAILY LIFE.

## FOR **ANYONE LOOKING TO IMPROVE FOCUS & RESILIENCE**

USE FLOWMAP™ TO NOTICE SUBTLE SHIFTS IN ENERGY, LEARN PRACTICAL WAYS TO REGULATE ENERGY THROUGHOUT THE DAY.

FOR MORE **INFORMATION:**  
CONTACT MAJA 079 892 1753  
OR MAJA@HEYNECKE.COM