

# KINFLOW™

## *KinFlow Winter Sessions*

- GROWING OUTDOORS -

KinFlow fuses fitness and mindfulness into an immersive sporting experience for all ages, genders and skill levels alike. As both a sport and learning tool, it is inclusive in nature, promoting healthy competition, mental/physical fitness & teamwork.

growingoutdoors

Register at: [www.growingoutdoors.com](http://www.growingoutdoors.com)

## "FLOW IT UP"

Experience the most cutting edge & exhilarating  
Group Flow Sport on Earth!

