

# The Tripudio Flow

## Making the right moves

Tripudio Movement Systems (TMS) is a relaxing yet energising movement and exercise system designed to assist the lymphatic system and encourage the body to move effectively and with ease. TMS is suitable for all, including those less active or after ill health.

Led by Julia Williams, co-founder and trainer, you will learn the Tripudio Flow sequence step by step, enabling you to participate and enjoy these gentle effective stretches and mobilisations set to calming and relaxing music.

The Flow and the following class routines are taught both seated and standing.

Pick and mix from the upbeat class section to create your own personal daily routine.

Join me, have fun and do remember to drink plenty of water.

Breathin' or, Joy pose

 Tripudio  
Movement  
Systems

