



Paññā

Class Instructor

Q. What does Interval Training mean to you?

A. Interval Training means to train vigorously, a high intensity training to increase facility of performance in a short period of time.

Q. Why did you decide to become a 5focus Instructor?

A. When I first discovered Kinesis at 5focus I thought it was revolutionary: the structure fascinated me and the balance work intrigued me. I wanted to learn more about Kinesis as an expansion for me personally and professionally.

I have a creative vision and a positive outlook on life in general. In this way I can positively affect every individual I come in contact with. As an instructor with positive energy, I get to motivate members toward the lifestyle they deserve. I enjoy sharing what I have learned so students too can flow, move, and build strength - a foundation for daily activities such as recreation, home and work.

Q. What do you hope clients gain from attending your Interval Training sessions?

A. Clients attending my interval training sessions will gain an increase of self-love until their entire life is transformed. Why not have more love and joy! Training regularly and eating well play a major role in our success. The self-confidence, abundance of energy, and overall health you gain from a proper workout and nutrition should not be overlooked. They are a key part of achieving success. In a matter of time you will move fluently as you develop and gain momentum. You'll redefine yourself.

Q. Why are your Interval Training sessions special?

A. The class itself is special! I design each class to help you preserve energy with breath. Moving when you flow and connect with your body and being mindful of your breath will balance and strengthen your cognitive process and coordinate more functional movements. It's dynamic exercise with a meditative yin and yang aspect.

In my classes you'll learn self-defense and burn calories at the same time. Care for your body is for everyone, looking good and feeling great!!!

Q. What is your favorite move on the Kinesis wall? Off the wall?

A. For me there is no favorite move on the Kinesis wall. All four Kinesis modules (Alpha, Beta, Gamma, and Delta) match each other with their own uniqueness to utilize different parts of the body. Same goes for off the wall, although I do enjoy training Abs! Kinesis can be used to train every body for symmetry. Got to love em' all.

Q. What is the one thing you think every person can do to improve their health?

A. The one thing every person can do is to take care of their well-being by simply walking and staying present with their breath during movement. Being present in this way is vital for reducing stress and transcending excessive thinking. Exercise is another way of being in the here and now at this moment.