

Hi Marina here, and welcome to my newest series, your Travel Glow Up. I created this series because whether you're traveling for work or for fun, you're going to want movement that is going to make you feel good, feel strong and connected, but also in ease in your own body.

These classes were designed with the mentality that you might not have space or time. So you have workouts in case you don't want to get on the floor, and you also have workouts that are just going to pack a punch and get you ready for the day. If you're looking for workouts that are full of functional, effective movement, you are in the right place.

So come join me.