

Flowstate

Flowstate's Yoga instructors Are Eithne and Greg

Flowstate launched in April 2019, an integrated lifestyle brand, created and developed by three friends who have a shared passion for creativity and wellbeing. Adrienne, John and Maser saw the symbiotic connection between each of their industries and they recognised the importance their roles played in wellbeing. With a desire to work together and explore the idea of an integrated lifestyle further, the Flowstate concept was developed. Flowstate introduced their first product range in 2019, 'The Botanical Collection'; a series of yoga and movement mats. The Flowstate mat is the first of its kind; taking an integrated and sustainable approach to the traditional yoga mat. This Yoga course is taught by their instructors Eithne and Greg.

