



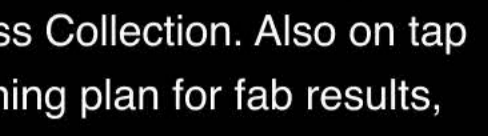
🧘🌸 Unwind, destress, embrace spring

Try a refreshed collection, meet an inspiring member, & join our FB fam.

TEMPO

APRIL 2023

The Beat



First up, give yourself a well-deserved break and strike a healing, regenerative pose with our Unwind & Destress Collection. Also on tap this issue: a Tempo member realigns his training plan for fab results, and a shoutout to join our endearing and lively FB family.

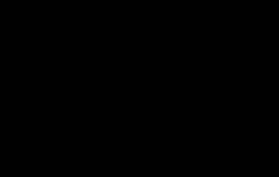
TABLE OF CONTENTS

- 01. **Newly Refreshed: Unwind & Destress Collection**
- 02. **Community Spotlight: Mark Uy**
- 03. **Join Our Active, Fun Facebook Community**



01. Unwind & Destress Collection

In these wild and crazy times, who doesn't need time to unwind, destress, chill, and relax to take on tomorrow, the next day, and the next? This refreshed collection of around 30 classes has been expressly curated to do just that (as well as to support April Stress Awareness Month). Tap your inner yogi gently on the shoulder and say, "I need to make more time for you, get in better touch, increase my mindfulness and sense of inner peace."



20m Upper Body Restorative Yoga: Unwind the Spine

A relaxing practice to unwind the spine with twists, chest stretches, and restorative poses for the lower and upper back.



10m Stress Busting Yoga

This practice gives you an opportunity to meet your stress, heat it, and release it. Keep an open mind and see how you feel in just 10 minutes.



15m Meditation for Stress Release

A calming meditation involving relaxing breathwork and a body scan that you can do seated or lying down on your back.



10m Full Body Vinyasa Yoga: A Little Pick Me Up

A pose-pefect 10-minute "pick me up" to move your body and get out of your head. Come for the hip openers and twists, leave with a second wind.

[View the full collection in the app](#)

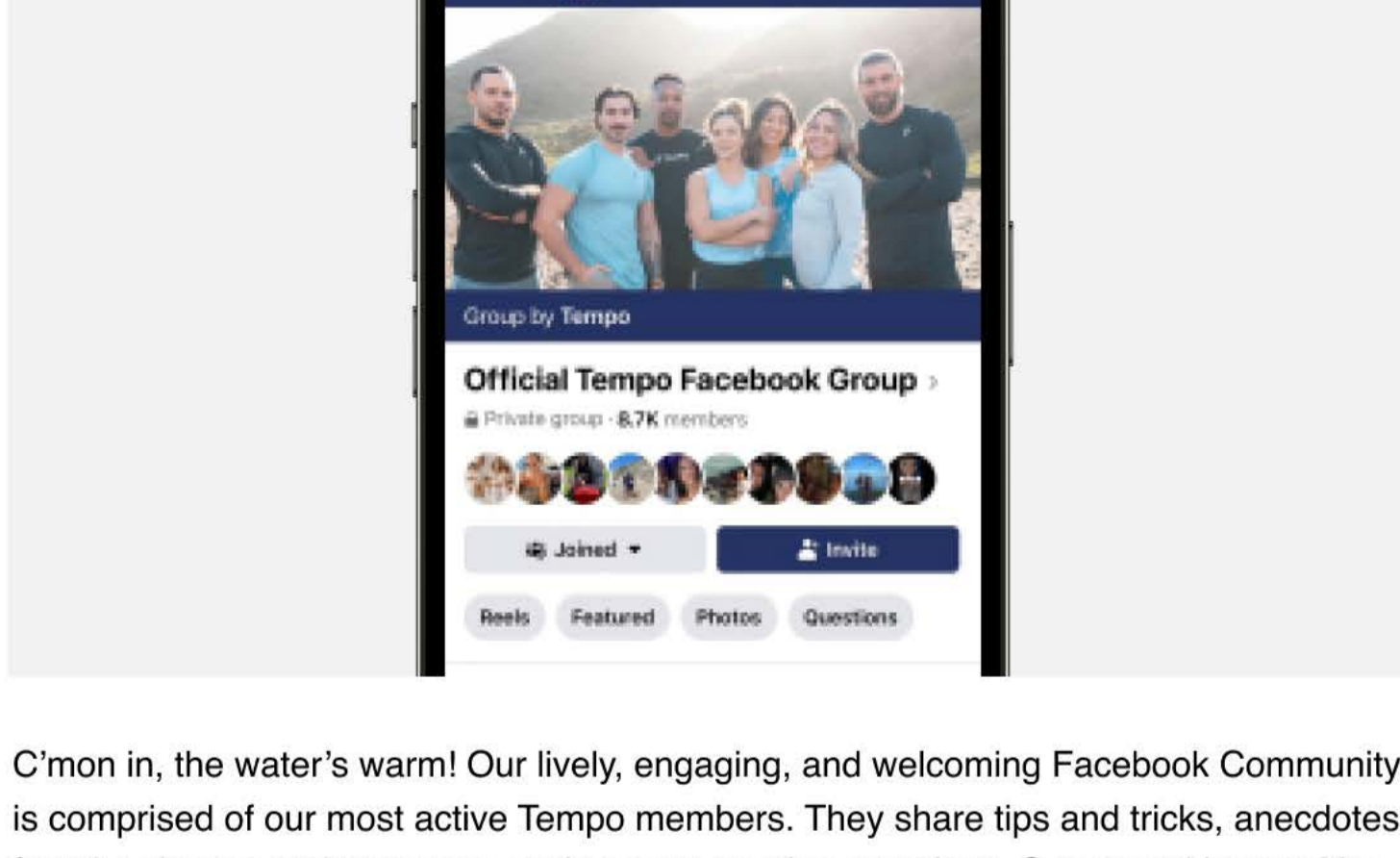
02. Community Spotlight: Mark Uy



Tempo member and self-confessed data nerd Mark Uy shows that changing up your workout routine can get you out of a rut and lead to measurable strength-building wins. "I was taking lots of classes, and while I was certainly getting stronger, I found myself fighting rather than enjoying them, feeling a bit stagnant and tired, likely from overtraining," he explains. He cut his HIIT/weight-training days from 4 to 2 and added a body-weight day to his weekly plan—better in alignment with his fitness goals. "The classes, coaches, and Tempo cues have given me the confidence to safely approach new exercises and improve on existing ones, adding value and impact to my time on the mat."

[Learn More](#)

03. Join Our Facebook Community



C'mon in, the water's warm! Our lively, engaging, and welcoming Facebook Community is comprised of our most active Tempo members. They share tips and tricks, anecdotes, favorite classes and programs, and answer ongoing questions. Super-cool bonus: You get exclusive access to Facebook-only challenges, promotions, and prizes.

[Join the Community](#)

tempo.fit

[Instagram](#) [Facebook](#) [TikTok](#)
[Contact Us](#) [Privacy Policy](#) [The Beat Blog](#)

346 9th St. San Francisco, CA 94103 (415) 964-2975
[Unsubscribe](#) [Terms of Service](#) © 2022 Tempo