



BE AN OUTSIDER WITH AN ALFRESCO WORKOUT



The promise of summer brings with it longer, brighter days. What better reason to move beyond the studio and into the outdoors for a #sweat session? Whether it's roof-top circuits, or yoga by the water's edge, channel your efforts and energy into an open-air endeavour today.

This month, we caught up with LA-based yoga instructor Danielle Acoff to see how she takes her workout beyond her four walls. Passionate about practising her sport outside, Danielle's inspirational Instagram gallery showcases her impressive talents, while promoting the benefits of balance (in every sense of the word).

Danielle says: *"Practising yoga outside helps me with keeping my life in perspective; it provides me with a constant reminder that I am part of a bigger picture, which is really important – it helps me stay grounded."*

Stay focused on mastering new moves in ultimate comfort in the high-waisted **Believe This Tight**, designed with flattering cut lines and a flexible, soft fabric that moves with you through any pose. Pair with the racerback **Don't Rest Bra**, offering medium support up to a D cup, compression technology, anti-bounce straps and cooling ventilation mesh panel.

Share your outdoor workouts with us:
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