



## ABC CLASSIC FLOW AT PERTH INTERNATIONAL ARTS FESTIVAL

**Classic Flow**, a podcast series by [ABC Classic 2](#) that pairs guided yoga and meditation practice with a bespoke classical music playlist, will appear in a special extended live format as part of the [Perth International Arts Festival \(PIAF\) Chamber Music Series](#) 7 am - 8:30 am on Saturday 18 February and Sunday 19 February, at Winthrop Gardens, University of Western Australia.

Participants will glide through a glissando of blissful, low-impact yoga guided by respected practitioner Lara Zilibowitz, while a classical music concert performed by local Perth musicians, cellist Sophie Curtis, and pianist Adam Pinto takes place in the surrounding gardens. Special guests the West Australian Young Voices will add to the immersive sensory experience.

**Yarmila Alfonzetti**, Program Associate, Classical Music at PIAF, said “The combination of yoga and classical music feels like the most natural thing in the world. In this vinyasa style of moving meditation both practices come together in synchronised beauty to focus the mind.”

“This is a wonderful opportunity for a new audience to enjoy great classical music and ABC Classic 2” added **Richard Buckham**, Manager of ABC Classic FM. “And we’re looking forward to showcasing more of our talented Australian musicians to the PIAF audience.”

**Classic Flow** is Australia’s first podcast for classical-music loving yoga fans and has been created by the ABC to appeal to a busy, health-conscious, yoga-lover who wants to be able to take a short-form class with a favourite instructor at a time and place convenient to their working week. The 7 x 30 minute guided practice is accompanied by a bespoke and specially-recorded playlist by Australian musicians. It’s a private yoga class and classical concert that fits in your pocket!

Listen to [Classic Flow](#) online ([www.abc.net.au/classicflow](http://www.abc.net.au/classicflow)) or - so you don’t miss an episode - subscribe on the ABC Radio app and all the usual places including iTunes or your preferred podcast app.

[ABC Classic 2](#) is an online music station playing familiar classical tracks. It aims to take classical music off the radio and out of the concert hall to unexpected places. Listen online or via the ABC mobile app. [ABC Classic 2](#) is music to brighten your day.

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*“Yoga is like music: the rhythm of the body, the melody of the mind, and the harmony of the soul create the symphony of life.” – BKS Iyengar*