

In Balance Pilates –Yoga Classes!

January – March 2012 session

January 10, 2012 - March 28, 2012

(11 weeks- no class week of March 12)

(Minimum Number of participants required)

Join Terri Morgan for Yoga and improve your Body alignment, Posture and Breathing

Hatha Yoga for all Levels

This 11 week session uses standing postures, forward folds, backbends, and hip opening postures to offer a full-body experience of lengthening and strengthening muscles. With a strong focus on improving your body alignment, posture and offering breathing techniques for stress reduction and anxiety. This class is suitable for all levels of experience and ability.

For more information on classes and schedules, contact Terri at Terri@breatheyogafit.com or visit her web site at www.breatheyogafit.com.

This day and time does not suit you: Please tell [us](#) what you would like to see!

- **If you miss a class, you are welcome to make it up at my classes being held at the Classical Dance Academy or home studio. See my website for more information.*

About Terri Morgan

Terri specializes in therapeutic yoga and began practicing yoga and started her own yoga journey 13 years ago. Then with two young kids and a full-time management position, Terri was searching for a way to become more grounded. Her first classes taught breathing and meditation. Terri is studied and certified in a wide variety of styles including Hatha, Iyengar, Teen, Kids, Chair Yoga, Yoga for seniors, Therapeutic and restorative yoga. Students love the personal attention and hands-on individual alignment that Terri provides in a group setting.

Yoga Prices: (all prices include HST)

Contact me at terri@BreatheYogaFit.com for more information on private and semi- private classes

Group Classes

Drop In or Package of 9

One	\$16
11 Group Classes	\$132

Tuesday 9:00-10:15 am	*Yoga- all levels (Starts January 10- 11 weeks)	Please e-mail for more information