

# Breathe. Yoga. Fit.



Breathing Life into  
Fitness

## *In Balance Pilates –Yoga Classes!*

**April 3-June 19, 2012**

(11 weeks- no class May 8)

**Tuesday 9:00-10:15 am**



### **Join Terri for Yoga Stretch- Strength- Breathing- Stress Reduction**

#### **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](mailto:Terri@breatheyogafit.com) or visit her web site at [www.breatheyogafit.com](http://www.breatheyogafit.com). Telephone: 613-797-7347

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

#### ***Going to miss a class?***

*You are welcome to make it up at my classes being held at the Classical Dance Academy or BreatheYOGAFit studio.*

#### **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 type, 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)

One	\$16
11 Group Classes	\$132