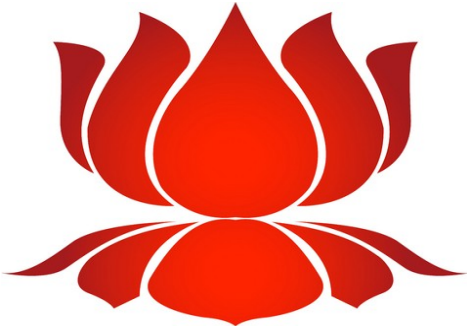


Yoga for Good



breathe in, give back

Yogalates Class

Sign Up!

Session to benefit:

Day:

Time:

First Class Date:

6 Class Session Cost:

Pre-register by:

Location:

Host contact person:

This class is taught using classical pilates mat exercises and gentle yoga poses and meditation. Both disciplines are taught with the proper breath techniques leaving the student with the benefit of the mind body connection. Pilates exercises are used to strengthen the core and lengthen the muscles. Yoga poses are used to stretch and open the body. Yogalates gives the student the benefit of a physical work out while relieving stress and tension.

For more information or to register visit

www.yoga-for-good.com

Instructor: Meg Wambach

Meg is a registered Yoga Teacher from Feel Your Best Yoga. Meg was attracted to the FYB philosophy, "The person, not the pose" and the incorporation of modifications and moderation allowing all people to benefit from a Yoga practice. Meg's teaching style is playful, nonjudgmental and facilitates each student's unique journey on the yogic pathway. Meg received her Ace Fitness Personal Trainer Certification in 2006 and also teaches pilates, yogalates, and body sculpt classes throughout the community.