

- Get Fit Abs!
 - Find Your Power with....
- YogaButterfly!**



Dancing With Grace Productions presents

Yoga Butterfly

Ann Hyland, Pilates/Yoga Trainer To The Stars

Visit her website at www.yogabutterfly.com

Pilates • Wednesdays • 8pm-9pm January 2 to March 26, 2008

Improve the power of your abs and strengthen your lower back. Pilates movements combined with proper breathing center the body, lengthen muscles, increase balance and improve posture. Modifications given for all age and fitness levels. Learn proper postural alignment, gain strength, coordination and flexibility of the core “powerhouse” muscle. Integrate your mind, body and breath and finish class feeling energized. *Bring your own required sticky yoga or pilates mat for proper body alignment.

Location

The Promenade 2605 Lord Baltimore Drive, Baltimore, MD 21244

Sign Me Up!

Pre-register by 11/15/07 **3 Months only \$100** (\$7.70 each)

Pre-register by 12/15/07 **3 Months only \$130** (\$10 each)

Pre-register by 1/2/08 **3 Months only \$150** (\$11.53 each)

Drop In: **\$15 each** (Save \$95 by prepaying!)

Pay by Mail: 2927 N Calvert St #1R, Baltimore MD 21218

Pay Online: www.yogabutterfly.com/shop



Ann Hyland teaches many populations: *Seated Yoga, Yoga for the Blind, Yoga Basics for Beginners, Power Yoga for Athletes, Modern Dance for expression, Meditation for gratitude, Pilates for powerhouse abs* and has celebrity clients.

She has studied with California's best teachers. In addition, Ann is a *Raw Live Food Chef and Educator, Reiki Healer and Aromatherapy Expert*. She teaches at gyms, studios, schools, corporations and privately. Her aim is to lead the student to discover her fullest potential with deep conscious awareness in —body, mind and spirit and to find integrity and truth on and off the yoga mat by loving your body.

She has survived head-on car accidents with broken bones and has rehabilitated and transformed her body with yoga, meditation and pilates. Stay tuned for Ann's audios, DVDs and books. Ann Hyland looks forward to meeting you and helping you discover joy and play in your process of unfolding into yourself by finding your heart and transforming into the beautiful butterfly you were meant to be! For privates, call 443-378-7127 or 619-806-2067. Thank You!