



Find the right balance – start from the inside out!

Finding balance in Mind & Body classes can mean different things. Finding balance for the mind or finding balance in the physical body. Meditation can help you find balance for the mind. Core based classes are a great way to help find balance in your body.

The core, the centre, the foundation, the pillar...so many different ways to say that strength starts from the inside out. Why should I care about strengthening my core? Your core is the foundation for your body. It helps hold your back up so that you can sit upright at your desk all day, it lets you sit down in a chair without holding the armrests and keeps you from falling when you roll on a branch you did not see on your daily walk. And of course, it develops strength and keeps you fit, toned and flexible.

You can choose from many types of classes that will work on core strength and progress to your fitness level. Classes such as Pilates focus mainly on strengthening the core muscles and are a great way to start but there are also lots of other options. Core Movement, Yoga Fusion, Power Yoga and Yoga Flow use physical and mental energy to focus on toning your body and improving core strength and stability.

Check out our awesome instructors teaching Pilates, Core Movement, Power Yoga and Yoga Flow at <http://beyondyogaottawa.com/classes/schedule/>

See you on the mat!