

equilibrium upstairs

an alternative space for yoga and pilates instruction...

upstairs from Zieben-Mare



Matthew Darling

Matthew Darling is the director and instructor at Ashtanga Michigan. He has been a devoted student of his teacher, Sri K. Pattabhi Jois and the Ashtanga method since 1995. Matthew offers a unique experience which allows you an intimate connection with the timeless art of yoga. The practice is transforming for all ages and abilities. The one-on-one way Matthew teaches will meet you where you are at, supporting your needs and allowing your experience to unfold in a safe and joyous setting. Matthew seeks to preserve the traditional Ashtanga method by maintaining a daily practice and teaching his students with the same integrity and patience that was taught to him by his teacher.

www.ashtangamichigan.com

**Tuesdays at 4pm or
Thursdays at 4pm
6 week session \$120
for privates or duet sessions email
matthew@ashtangamichigan.com**

Gail Mondry

Gail Mondry teaches students and teachers both locally and nationally. Her love for yoga has helped many people greatly enhance the quality of their lives. Let the healing power of this practice in this calm, private studio make a difference in your daily living. Come as you are; no experience necessary.

**Mondays at 12pm
6 week session \$120**



Mondry photo by Naturally Photography by Mami.



Michael Rice

Michael Rice, former professional dancer, is a Movement Therapist certified in Yoga, STOTT PILATES®, and Massage Therapy. Michael teaches workshops and has 25 years experience designing custom workouts for an elite clientele who seek balance in their bodies and lives. His diverse clients, including the Detroit Lions, strive for a common goal: to live their lives with dignity and grace regardless of age or career. Michael is also the creator of *BBOP! Balanced Bodies for Optimum Performance training program*, a fusion of Yoga, Pilates and Dance movements.

**Tuesdays at 7:30am
6 week session \$120**

Call equilibrium to register for one of these four outstanding series. All classes begin week of October 15.



32800 Franklin Road ■ Franklin, MI
6405 Telegraph ■ at Maple & Telegraph ■ buildings G & H
visit www.equilibriumstudio.com to schedule your class online or call 248.723.6500