



THE **PILATES & YOGA CENTER**  
OF SAINT LOUIS

## Happy Sweaty Yoga with Meg!

Meg Noonan, triplet +1 mom, wife, and local community activist, She is teaching Vinyasa Yoga at the Pilates and Yoga Center of McCausland. Take a vacation from busy-ness and be propelled to finding your true Samadhi (BLISS)!

### Thursdays at McCausland

#### **Power Hour Vinyasa 9:15-10:30am**

Meg will help you energize your day with a flowing practice specially designed for busy people with some yoga class experience. We will focus on strength building to enliven your body, and yoga philosophies and meditation techniques to focus your mind.

#### **Intermediate Vinyasa (Yoga 2.0 Live!) 7:15-8:30pm**

This class is intermediate and Vinyasa based. She will pull portions from the Astanga primary series while creating intuitive sequences based on the energy and needs of the students participating. Inversions, Yin, Restorative, Sutras and Trance Flow...anything can happen! Come with a love of Sun Salutations and an appetite for ADVENTURE! Music is utilized in this class as a means for inspiration and expression. I will support you in finding inner peace within external stimulation.

*Beginners are encouraged to sign up for a private introductory lesson with Meg.  
Contact the front desk at 314-569-9400 to schedule an appointment.*