

balanced YOGA

presents

# yoga to live music

with Teacher Alex Ferm, Guitarist Jesse Michael Barr & Percussion

5.45p-7.15p Friday November 5th  
at balanced YOGA - Clintonville (Every First Friday of the Month)

Have you ever heard a song that cracked your heart wide open? Has a yoga practice left you smiling and so happy you felt like singing and dancing in the street? Whether it was a moving song or a uplifting yoga practice, you know how it feels to be connected to your true being, your heart, and your joyful nature.

Build energy thru syncing your movement & breath to live music. Be free & let your body flow. Be soothed by sound during savasana. Bring friends, have fun, and kick start your weekend.

Join us for a dynamic yoga practice that explores the synergy of music and yoga to build energy in the body, calm the mind, and open the heart. This will be a flowing experiential practice.

All levels welcome.  
Some yoga experience is recommended.

[www.balancedyoga.net](http://www.balancedyoga.net)

3526 N. High Street. Columbus. Oh. 43214 call: 614.265.9642

