

harmony.



grace. strength. energy. vitality.

Conscious Fitness is now offering private and semi-private Iyengar Yoga sessions with Michelle Cowell. With specialized knowledge of fitness techniques and general health, Conscious Fitness offers a comprehensive, holistic approach to yoga that helps clients concentrate on themselves through carefully arranged poses that balance the union between the mind, body and spirit.

Iyengar yoga promotes precise poses and integrates techniques that focus on alignment, balance, strength and flexibility, while increasing vitality, concentration and a sense of wellbeing.

Michelle has studied Iyengar techniques for over 15 years and has had the unique opportunity to study with some of the most well respected teachers in America. She has also traveled to India to work directly with the Iyengars to further her understanding of their methods.

Interested, but want to
try it out first?
Free introductory classes:

615 Hillsborough St. Suite 101

Tuesday Jan 23 | 9-10am

Friday Jan 26 | 12-1pm

Friday Jan 26 | 1-2pm

**Space is limited, so call
or email to reserve a spot:**

919.623.4494

michelle@consciousfitness.com



Conscious Fitness

www.ConsciousFitness.com