HOME PAGE

This tabbing is nice http://gracedubery.com/

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About Me

The beginning -   
My first Yoga class was in 2004 and until then, I had never tried or enjoyed anything even remotely physical...  At 6am, I was nervous, sleepy and completely unaware that this would begin my journey into an active, healthy lifestyle.

Yoga gave me confidence to try more and the self-awareness to learn more.

I taught myself how to lift weights, run, skip, cycle and swim with humility and persistence. Yoga really did transform my life in so many ways.

The challenging and therapeutic aspects of yoga, as well as the perspective and discipline required to practice, make it my lifelong commitment.

Inspiration through Yoga -   
We often hear about "yoga on and off the mat" and I feel as a student of yoga, the teachers who deepen our understanding of this, are truly inspirational.  In that teacher, it's a combination of philosophical outlook, comprehensive knowledge, and dedicated practice that show us how we might improve ourselves.

When I teach, my students inspire me as they open themselves to sample something new, try harder or look to be more balanced people.

In class -   
You can expect a powerful, flowing class with plenty of alignment cues and a relaxed fun atmosphere.  I try to express a passionate energy that encourages students to open themselves to push their limits. Elements of several different yoga styles and fitness regimes are often incorporated into my instruction.

Training and Certifications -   
RYT-200 Ashtanga Vinyasa, 100 Hr Mysore Teacher Training

from Downward Dog Centre, Toronto under Ron Reid, Diane Bruni and Marla Joy

BodyART International, RX Series (Yoga Tune Up), CPR/First Aid  
 *(This might be a good place to put Chris’ video if it turns out with the snippets of daily life in it…)*

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DROP-IN SCHEDULE *(OR add google calendar so subs and cancellations show up – concern the google calendar will look incohesive fontwise)*  
LAYA SPA & YOGA  
layaspaandyoga.com  
  
Thursday   
7-8:15pm Vinyasa 2  
  
  
EQUINOX - Bay St  
www.equinox.com  
   
Wednesday  
5:30-6:45pm Vinyasa 1-2

Sunday  
11:30-12pm RX Series

12-1:15pm Hatha  
  
  
YYOGA - Queen Street West  
www.yyoga.com  
  
Monday / Wednesday / Friday   
10:15-11:15am YHot

Saturday / Sunday  
9:30-10:30 YHot

Saturday

12pm Core Flow

*(This might be a good place pic from old yogatree shoot of adjusting Emily/yyoga promo shots pre-opening from their FB – I can get permission or larger shots if it’s a good idea?*

*Maybe bottom margin can have current events like a ribbon or ticker tape. Don’t need a separate page since it won’t likely have much ex. Outdoor yoga this summer maybe and if it’s live before end June, the special equinox class…)*

SERVICES

Options for Yoga in downtown Toronto:

- One-on-one instruction to delve deeper into your practice, set good foundations, complement a sport focus. or learn modifications for injuries or special need.

- Semi private lessons (2-4 participants) to learn with family or friends in a setting and time of your choice with personal attention.

- Special event yoga, perfect for bachelorettes/group get-togethers. A fun atmosphere encouraging participation, optional partner work and themes can be arranged.

- Corporate classes to provide team building and healthy habits with office specific stretches add value as a work benefit.

- Promotional yoga such as yoga demonstrations or public/client instruction to add the yoga lifestyle component and visual appeal to your event.

\*Package rates available for all options.

All levels and ages welcome.

(Put a contact Melissa button on the page like a sticker. http://gracedubery.com/services/#.U3l5cC\_c1XE)

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Another page CONTACT FORM with a picture

Another page for informal practice videos or photos, can be interspersed with client quotes of recommendation… maybe this page can use the mendhi drawing borders from last website maybe frames quotes or maybe texture element to add to contact form page if that page is sparse?

Logo is Cocogoose from dafont.com Tabs are castro script from dafont.com

Body text is Myriad (commonly installed)

Colours CMYK

Ground 0,1,3,6

Brown type 50, 70, 80, 70