

What
is...

YOGABALLETFUSION

YogaBalletFusion incorporates elements of yoga, Pilates, ballet and contemporary dance to energise, strengthen and lengthen the body. You warm up with t'ai chi, ballet and contemporary dance moves, then do standing postures, followed by mat work, where yoga, Pilates and ballet work on your core strength and stretch and tone legs, bums and tums. Visit www.yogaballetfusion.com.

