

BREATHE & BE



A NEW CLASS AT ELLIO PILATES, TAI CHI & MORE

With Rev. Melissa Hill Greenbaum

For beginners who may have trouble quieting the mind,

Breathe & Be

offers deep breathing exercises with verbal prompts of wisdom, leading into quiet reflection and deep listening. Gentle verbal guidance is offered during each silence round, helping you ease into a state of presence and relaxation.

CLASS DETAILS:

Mondays | 1:00 - 1:50 PM

Ellio Pilates, Tai Chi & More

\$15 per class | \$60 for 6 classes

Begins April 7

Register Online or Contact Us:

www.EllioPilates.com

Call / Text: 239-770-8670



THE ART OF HEALTH
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Join us on a journey of breath and stillness.

PAUSE. BREATHE. BE.