



Breathe...Align...Transform

Adult Yoga Classes

All sessions are held in a non-competitive environment designed to promote body awareness, self-esteem, and character. Each lesson instills mindfulness and resilience all while maintaining a peaceful, productive atmosphere. Through strategies such as breath work, movement, yoga poses, positive affirmations and meditation students will learn techniques to cope with the pressures of their everyday lives.

Meet Maria

Maria is a certified 200 hour registered yoga instructor, dedicated to working with children and adults, helping them realize their true potential. Maria also holds a bachelors degree in School Health Education. She utilizes her education background, her passion and extensive training in yoga to deliver dynamic and creative yoga classes. Her goal is to empower all her students to live a healthy, constructive and calm life.

Experiences & Pricing

In-Studio/Zoom

- 1 hour *private* yoga session \$115
(max 2 students in studio,
1 instructor to each student)
- 1 hour 1:1 yoga class \$100
(3+ students in the studio
1 instructor to each student)
- 1 hour Semi-private \$60
(3 students:1 Instructor)
- 1 hour group class \$45
****monthly events***

In-home sessions available!
+\$15 for travel



Come as you are...
All abilities & all levels
are welcome



www.Elevateyogany.com

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Contact Maria Fusco for an
inspirational and
educational yoga program
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