



Find Your Bliss with Meg!

New to the Ladue Studio, triplet +1 mom, wife, and local community activist, Meg Noonan is now teaching Vinyasa Yoga at the Pilates and Yoga Center of Ladue. Take a vacation from busyness and be propelled to finding your true **Samadhi (BLISS)**!

**One Hour Private Lesson or
Bring a Friend, One Hour Duet Lesson**

Meg will help you **energize** your day with a flowing practice specially designed for busy people. You will focus on strength building to **enliven your body**, and yoga philosophies and meditation techniques to **focus your mind**.

*Contact the front desk at **314-569-9400** to schedule an appointment today!*