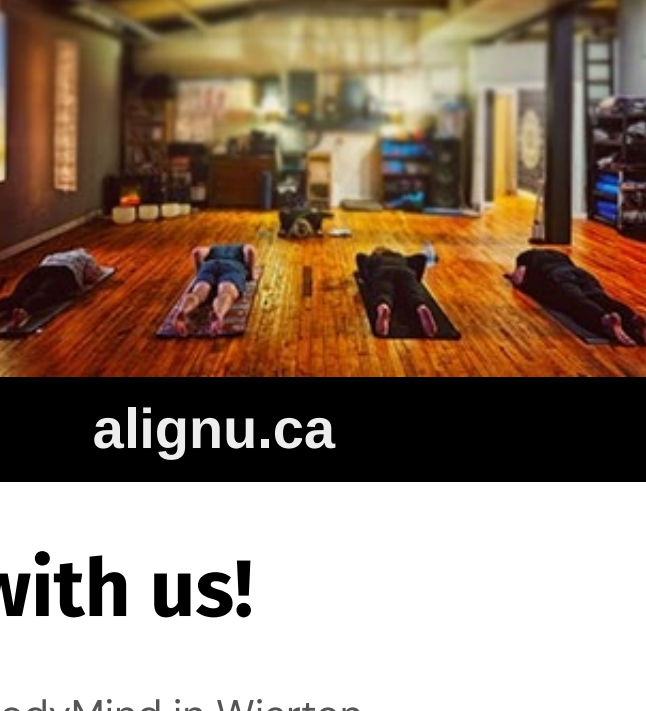


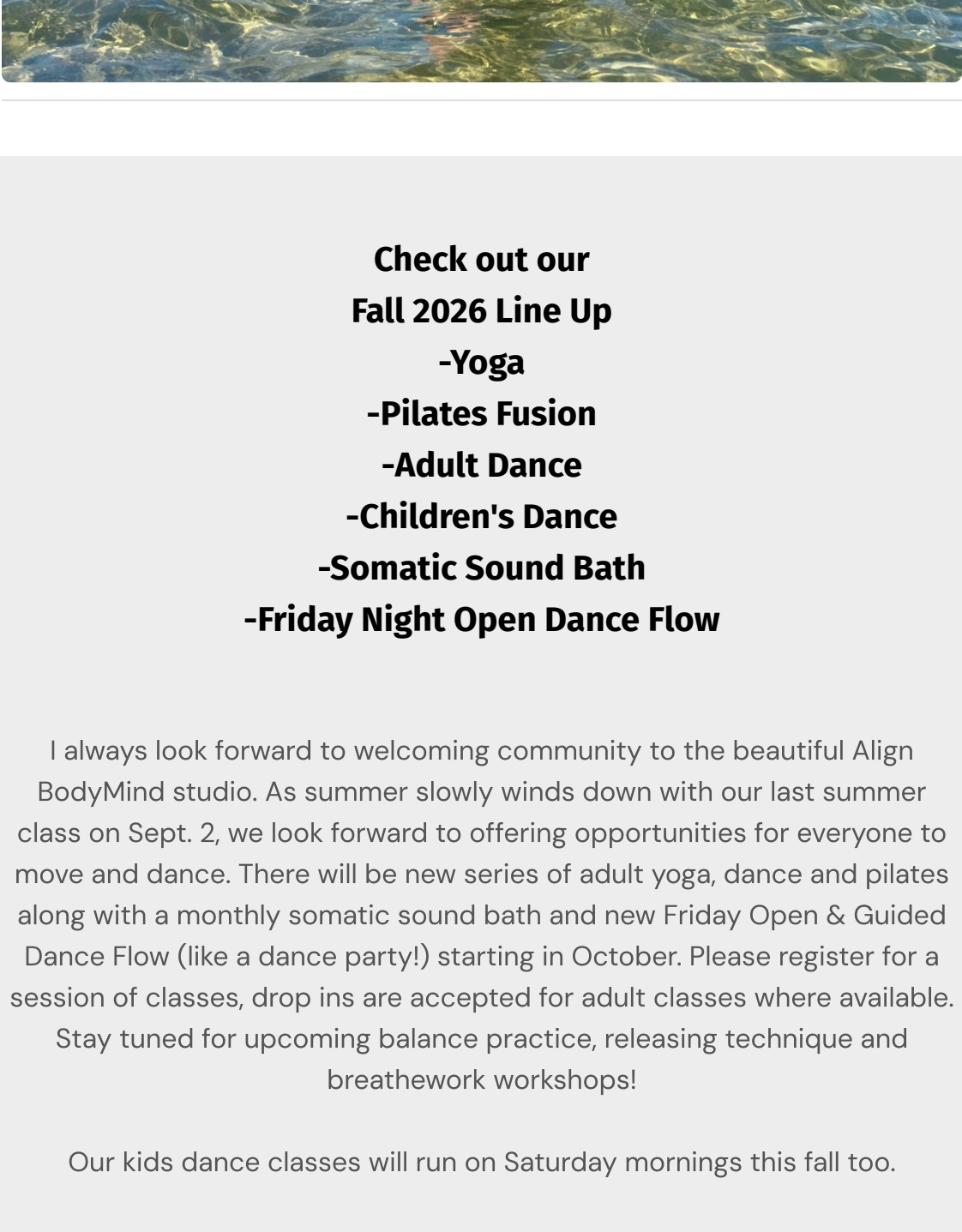


August 17, 2026

alignu.ca

Move with us!

Welcome to Align BodyMind in Warton.
(Please do not reply to this email)



**Check out our
Fall 2026 Line Up**

- Yoga
- Pilates Fusion
- Adult Dance
- Children's Dance
- Somatic Sound Bath
- Friday Night Open Dance Flow

I always look forward to welcoming community to the beautiful Align BodyMind studio. As summer slowly winds down with our last summer class on Sept. 2, we look forward to offering opportunities for everyone to move and dance. There will be new series of adult yoga, dance and pilates along with a monthly somatic sound bath and new Friday Open & Guided Dance Flow (like a dance party!) starting in October. Please register for a session of classes, drop ins are accepted for adult classes where available. Stay tuned for upcoming balance practice, releasing technique and breathework workshops!

Our kids dance classes will run on Saturday mornings this fall too.

I have been broadening my somatic healing work and I am available for transformative one on one BodyMind Somatic Healing.

Please reach out to me directly to find out more.

Michele Hopkins: 519-654-8203



Opportunities to Move & Connect @ ALIGN

To register for classes click on registration link on the website at alignu.ca

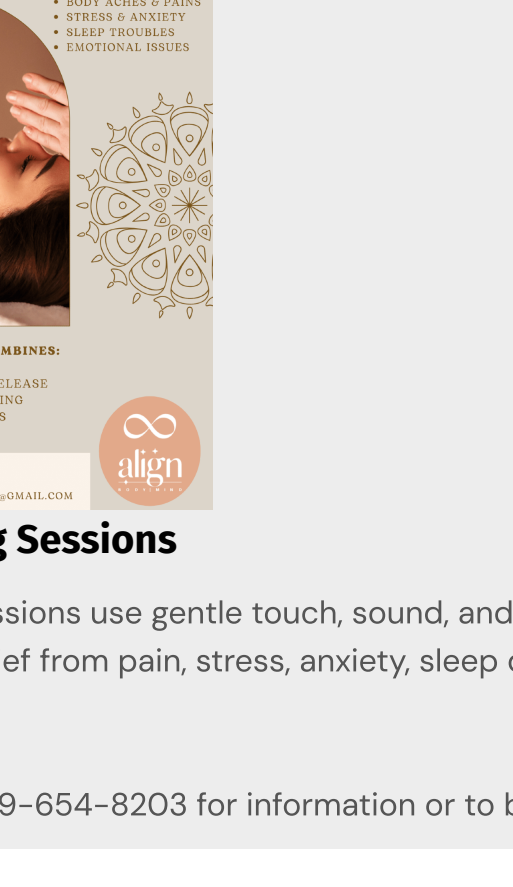
FALL 26 SCHEDULE	
Mondays Athletic Yoga Sept. 14- Dec.7 7:45 - 9 PM Gentle Restore Yoga Oct.5- Nov.30 6:30-7:30 PM	Tuesdays Adult Dance Flow & Expressive Movement Oct. 6- Nov. 24 8:00 - 9:00 PM
Wednesdays Open Yoga Oct.7 - Nov.25 7:30-8:30 PM	Thursdays One on One Somatic Processing Sessions Available
Friday Somatic Sound Bath Sept. 25, Oct.30, Nov.27, Dec.18 Guided Dance Flow Oct. 16 & Nov. 20	Saturdays Pilates-Yoga Fusion Sept. 19- Nov. 14 8:00 - 9:00 AM

Fall 2026 Adult Schedule

REGISTER NOW >>

Sign up for one of our class series including:

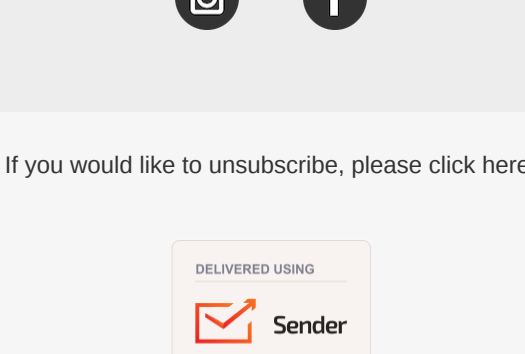
- Athletic Yoga
- Open Yoga
- Gentle Restore Yoga
- Pilates-Yoga Fusion
- Adult Dance Flow & Expressive Movement
- Monthly Somatic Sound Baths
- Monthly Guided Dance Flow



Saturday Kids Dance Classes

REGISTER NOW >>

Classes are available for children ages 2 to 9 years old. We offer fun, creative dance classes that build confidence, coordination and a love of movement through ballet, music and imaginative play.

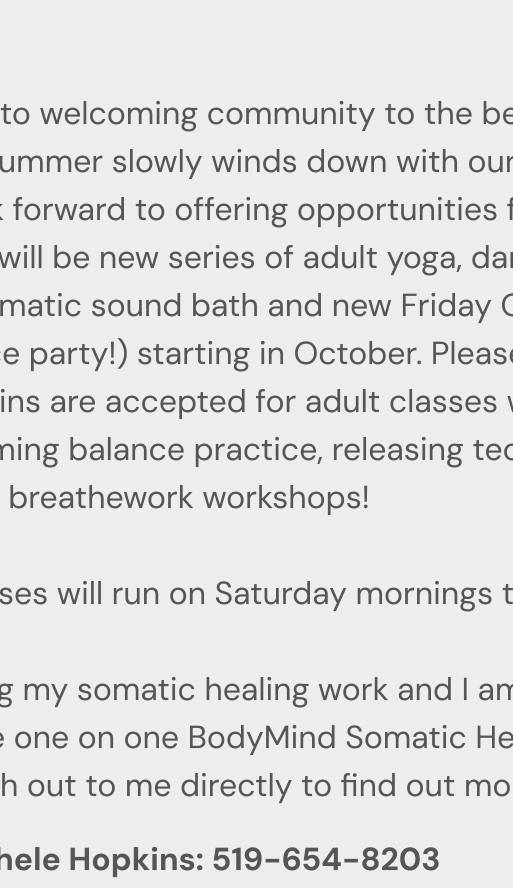


Athletic Yoga

REGISTER NOW >>

Yoga Flow classes combine breath-led movement, strength, and mobility to build resilient, energized bodies and focused, grounded minds.

Athletic Flow: Mondays at 7:45 pm.
Sept. 14 to Dec. 7 (12 week series)



Pilates Fusion

REGISTER NOW >>

Experience the transformative benefits of our Pilates Yoga Fusion Strength and Stretch class at Alignu. This practice is designed to release tension, strengthen muscles, and improve flexibility. This class is open to all levels. You will be challenged appropriately.

Saturdays, 8 – 9 am.
Sept. 19 to Nov. 14 (8 week series)

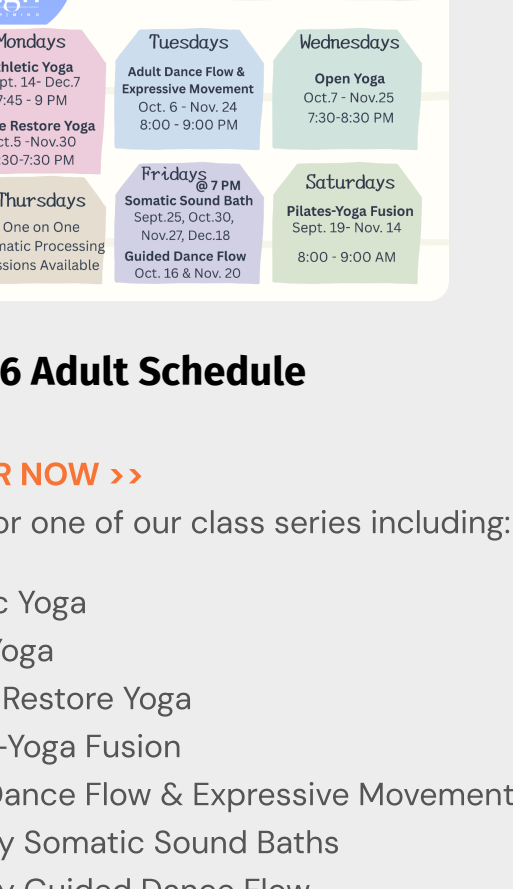


Open Yoga

REGISTER NOW >>

This class is open to all levels. Finish your day with a beautiful yoga class with the setting sun. This class develops inner strength and focus while finding balance and flexibility while nourishing your body.

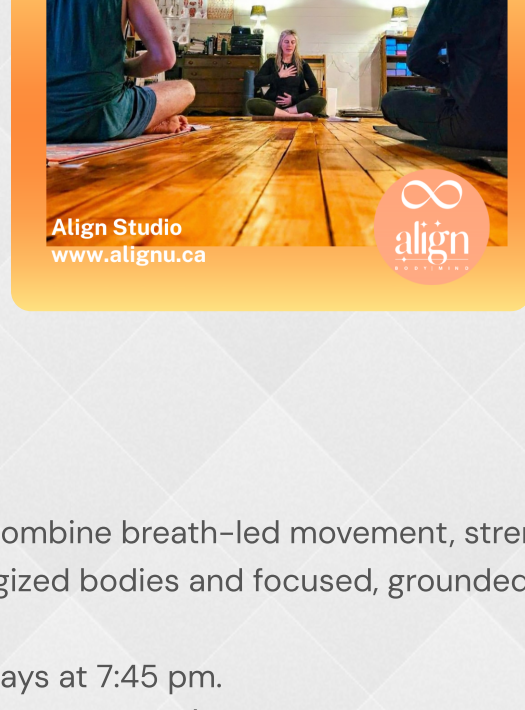
Wednesdays 7:30 to 8:30 pm.
Oct. 7 to Nov. 25 (8 week session)



Adult Dance Flow & Expressive Movement

REGISTER NOW >>

Experience the joy of movement and awaken your inner dancer. This class will include set movement exercises to build a sense of body awareness and technique as well as open you to the freedom of movement and expression through the body. All body types and abilities are welcome. No experience necessary.
Tuesdays: 8:00 to 9:00 pm.
Oct. 6 to Nov. 24 (8 week session)

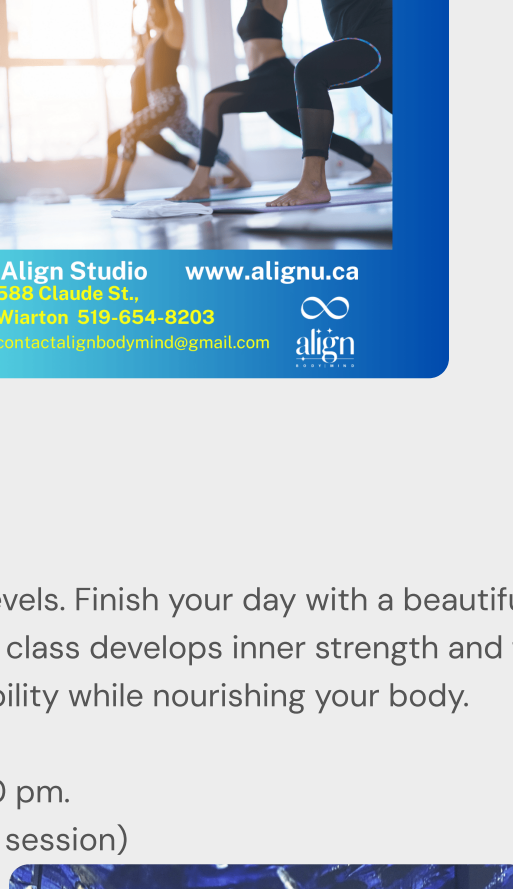


Somatic Sound Baths

REGISTER NOW >>

Somatic Sound Bath practices run on the **last Friday of the month** and offer a deeply calming experience of sound and vibration to support relaxation, nervous system balance, and inner listening

Sept. 25, Oct. 30, Nov. 27 and Dec. 18 at 7:00 pm.

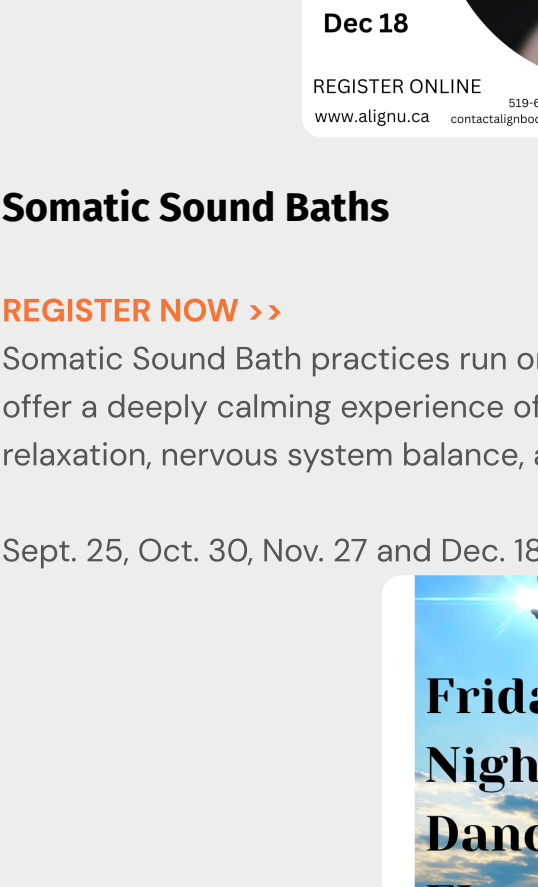


Friday Night Guided & Open Dance Flow

REGISTER NOW >>

This guided and open movement experience is designed to help you unwind, reconnect with your body and move freely. We'll begin with gentle guided movement and gradually transition into open dance, giving you space to explore, express and simply enjoy moving.
**No dance experience needed.

Oct. 16 and Nov. 20 at 7:00 pm.

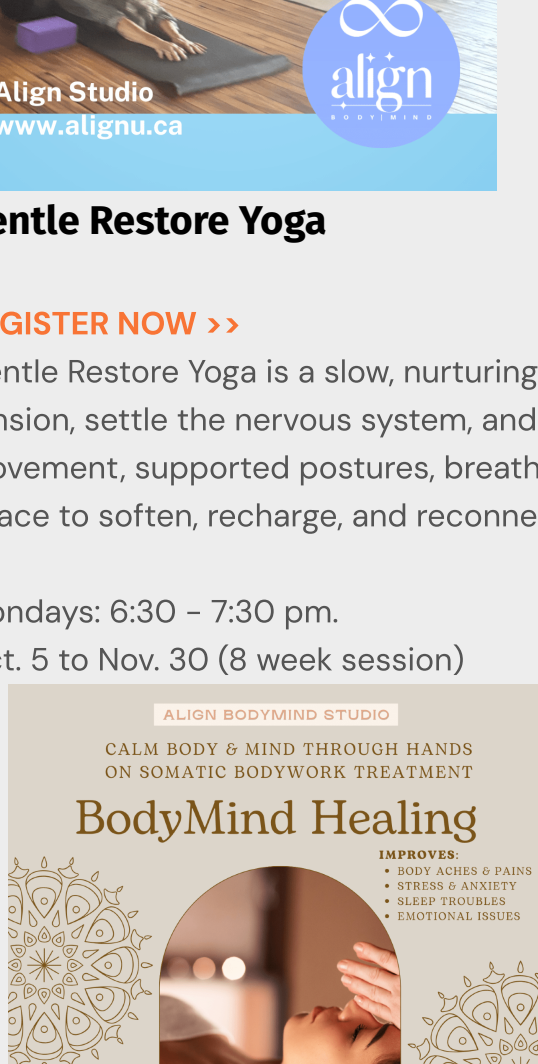


Gentle Restore Yoga

REGISTER NOW >>

Gentle Restore Yoga is a slow, nurturing practice designed to release tension, settle the nervous system, and invite deep rest. Using gentle movement, supported postures, breath, and stillness, this class offers space to soften, recharge, and reconnect with yourself.

Mondays: 6:30 – 7:30 pm.
Oct. 5 to Nov. 30 (8 week session)



BodyMind Healing Sessions

BodyMind Healing Sessions use gentle touch, sound, and somatic body release to support relief from pain, stress, anxiety, sleep difficulties, and emotional challenges.

Contact Michele at 519-654-8203 for information or to book a session.

alignu.ca

{{ account.title }}

{{ account.address }} , {{ account.city }} , {{ account.country }}

519-654-8203

contactalignbodymind@gmail.com

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