

MARGUERITE'S ACADEMY OF DANCE

YOGA 101 *with Elijah Dillehay*



EXCITING NEWS!

Marguerite's Academy of Dance is adding yoga to its curriculum. Taught virtually by Elijah Dillehay, Yoga 101 will allow you to take yoga from the comfort of your own home. Class is open to newcomers, experienced yogis, current, and new students!

In Yoga 101 we will explore the foundations of Vinyasa yoga. Class begins with a gentle seated warm-up, moves through rounds of standing flows, then blossoms into peak postures. We will end class back on the mat to solidify our practice with calming and centering meditation. Modifications for each posture will be provided and encouraged. This is a foundational class that will optimize the body through movement and breath at a moderate, but intuitive pace.

WHAT TO BRING

A yoga mat, any blocks bolsters or supports, water. Wear comfortable clothing that allows a full range of movement.

SUNDAY'S at 9AM

Email us at margueritesacademyofdance@gmail.com or call studio at (814)833-7553 to enroll!

TEACHER SPOTLIGHT



Elijah Dillehay is a New York City-based performer, teacher, and yogi. He hails originally from the tiny farming community of Defeated Creek, TN. For the last ten years, Elijah has been working as a professional dancer. He received a BFA in Contemporary Dance Performance from The Boston Conservatory in 2016 and has performed internationally, on national stages, and at regional theatres across the U.S.

In 2020, Elijah joined Yoga Alliance as a Registered Yoga Teacher. He completed his 200-hour Yoga Teacher Training at Sonic Yoga in NYC under the direction of Lauren Hanna, Taquice Campbell, Keith Partington, Chris Temple, and Jeffrey Duval.

Elijah loves to sprinkle dance within his yoga classes and personal practice. This can manifest as danced transitions or could be as simple as exploring the dance of the breath. Exploration of the ebb and flow of movement is at the forefront of Elijah's classes.

Website: www.elijahdillehay.com

Instagram: [@eadillehay](https://www.instagram.com/eadillehay)

