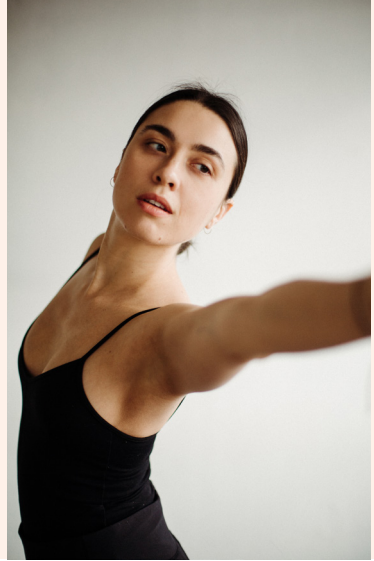


**SATURDAY
NOV 14**

Pilates Stretch Session with Alexandra Morgan

We don't want you to sit too long! Let's get our blood flowing with a basic stretch session. This 15-minute session will stretch your limbs, clear your mind, and gear you up for more great content of the day!



Alexandra Morgan is a movement facilitator with a performance background, and is currently a STOTT PILATES® Instructor Trainer based in Toronto. Her background includes Musical Theatre, and a BA (HON) in Theatre Performance from Acadia University. She completed the full STOTT PILATES® instructor program in 2013, and the Instructor Trainer course shortly after. Alex currently divides her time between training new instructors, and private clients of all ages and abilities.

Contemporary Pilates is informed by our current understanding of physiology, neurology, and biomechanics. **It's an exploration of movement that is both powerful and adaptable**, even in fifteen minute increments. This short stretch and mobility break is designed to **refresh your mind and body**, regardless of your virtual set-up. It is designed as an accessible series of easy exercises, all targeting areas of the body and muscle groups often neglected during prolonged sitting. **No experience necessary!**