

Adrienne Kelly-Durys – Balanced Life Yoga, Ajax



Adrienne Kelly-Durys is a Certified Nutritional Practitioner (CNP) and Registered Yoga Therapist (RYT200). As a graduate of the Institute of Holistic Nutrition in 2006, Adrienne believes that a healthy lifestyle must respect the physical, emotional, environmental and spiritual aspects of a person's life, and as such, Yoga is a perfect compliment to a healthy diet.

Having completed the 200HR Inspiring Spirit Teacher Training at Balanced Life Yoga in 2009, Adrienne now teaches a variety of classes at the Balanced Life Yoga studio in Ajax including Power Yoga, Yoga Core, Yoga for Runners and Boot Camp Yoga.

The Yoga Core class is unique to BLY and focuses on asanas that help tune in to the Manipura chakra, the centre of personal power, to increase core strength physically, spiritually and emotionally. She has also offered a number of specialty workshops including a Holiday Detox and De-stress class as well as a Yoga Immune Boost+ class. Both workshops paired a specialized yoga sequence with information about healthy eating choices that promote cleansing, detoxification and a strong immune system. To add to this impressive list, Adrienne will be heading up this summer's 'Ruff Yoga' - a new community based initiative in partnership with the Durham Humane Society for dogs and their owners promoting fitness and well-being for all!

Adrienne loves being a part of the positive energy that flows between everyone throughout her yoga classes and finds it incredibly rewarding to be able to connect with people in such a positive space. Her goal is to help people recognize their own inner strength and personal power through yoga and proper food choices, so that they can enjoy a happy, healthy and balanced life!

For interviews and media opportunities with Adrienne Kelly-Durys please contact:

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