

private yoga sessions (free 1st class) (South Shore and Boston)

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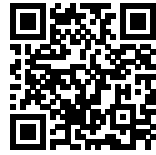
Are you looking for private personalized yoga instruction to meet your specific needs?

Group classes aren't always convenient and aren't specific to what you desire. One on one teaching allows me to focus on your specific needs.

We can focus on strength, flexibility, mindfulness, stress reduction or any other need you have to achieve your goal.

Email me for your private session or if you have any questions. First session is free to experience the joy of yoga.

Namaste

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