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practice. I love to introduce people to yoga. Everybody has to start somewhere. Don't be afraid to contact me if you are a complete beginner! Private or semi-private classes are great for: -Parents with young kids who need to de-stress but can't find the time to get to a studio -Families with tweens or teens who may not be able to keep quiet for an hour in a yoga studio -Groups of friends who want a more relaxed environment than the typical yoga studio provides -Couples who want to bond with each other and make their relationship stronger -Golf buddies who want to increase their flexibility and range of motion to improve their game -Sports teams that want to prevent injuries, increase balance and flexibility -Student athletes who play on teams that don't put enough time into stretching during training -Busy professionals with work schedules that prohibit them from getting to a group class -Beginners who are intimidated by a class full of more experienced students My price is very reasonable and very similar to the local yoga studios. Give yourself the gift of yoga !!! Namaste

-----Movers + Truck Available Now-----

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CARLOS: 569-4290  
NARCISO: 767-8575

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(VALVES, LEAKS, SPRINKLERS, CLOCKS, ETC)  
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GRASS, ROCKS, SOD, SYNTHETIC OR REAL GRASS ,GRAVEL SPREAD  
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do NOT contact me with unsolicited services or