
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-----

CARLOS: 569-4290
NARCISO: 767-8575

WE OFFER THE BEST HARD WORKING LABOR IN LAS VEGAS.WE HAVE THE LOWEST PRICES IN THE VALLEY

WE PROVIDE ALL THE FOLLOWING SERVICES AND ALOT MORE:

GENERAL YARD CLEAN UP
PLANNTING TREES, AND OTHER EXOTIC PLANTS
EXTRACT UNWANTED WEEDS AND
DESERT LANDSCAPE PLUS
IRRIGATION REPAIR
(VALVES, LEAKS, SPRINKLERS, CLOCKS, ETC)
TREE, SHRUB, OR BUSH TRIMMING
LAWN MOWING
WEED REMOVAL
NEW LANDSCAPING INSTALLATION
GRASS, ROCKS, SOD, SYNTHETIC OR REAL GRASS ,GRAVEL SPREAD
TREE REMOVAL
YARD BLOWING

WE OFFER:

WEEKLY, BI WEEKLY OR MONTHLY MAINTENANCE.
WE WILL WORK WITH YOU TO FIND THE RIGHT PRICE.

CARLOS 569-4290
NARCISO 7678575

LIC# NV20151096194

do NOT contact me with unsolicited services or