

# Looking for yoga partner to help teach me the basics 50 hr cash (Palatine)

hi

Location

Illinois

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QR Code Link to This Post Im 26 years old live in Palatine for the last couple years I have been dealing with a lot of stress and anxiety/depression from a family death and have not kept my body in shape since I haven't been very active this last year many friends have recommended me trying yoga but I don't feel comfortable in classes with large groups of others right away that's why I would like to find some one who is seasoned with the art of yoga and can meet with me teach me all the basics and i don't need a professional yoga instructor per say actually that's why I said it would be nice to practice with a fellow student in my age group who I feel comfortable with in my home and can relate to me and work with me one on one In the comfort of my home rather than classes where I would feel pressured to keep up with everyone else in the class I'm willing to pay \$50 per session to just get me started with the basics of yoga in a comfortable atmosphere where I don't feel judged please reply if your interested in helping me once or twice a week an hour at a time just reply with contact info a little back ground about your self and a current pic



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