



Breathe...Align...Transform

All Level Yoga Classes

for children, teens & adults!

All sessions are held in a non-competitive environment designed to promote body awareness, self-esteem, and character. Each lesson instills mindfulness and resilience all while maintaining a peaceful, productive atmosphere. Through strategies such as breath work, movement, yoga poses, positive affirmations and meditation students will learn techniques to cope with the pressures of their everyday lives.

Come as you are...
All levels are welcome

Locations In Massapequa & West Babylon!

Offerings & Pricing

- 1 hour *private* yoga session \$120
- 1 hour 1:1 yoga class \$100
(3+ students, 1 instructor : 1 student)
- 1 hour Semi-private \$60
(3 students :1 Instructor)
- Group class \$45 (max 8 students)
 \$25 (max 12)
 \$15 (max 19)
- Yoga & Art 2 hour class \$150
- In-home private sessions \$130
- Dynamic Duo \$90
(2 students:1 instructor)

Contact Maria Fusco for an
inspirational yoga program
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>>elevate<<
YOGA & WELLNESS FOR ALL
www.Elevateyogany.com

