



YOGA

Classes for Teens & Children



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

Get ready to spark your imagination with yoga! Learn fun yoga poses and creative movements to **increase flexibility**, **build strength**, and **calm the body and mind**. Children will develop mind-body integration, breathing and relaxation techniques, and leave feeling **productive, positive, and peaceful!**

Offerings:

- 1 hour *private* yoga session \$115
- 1 hour 1:1 yoga class \$100
(3+ students, 1 instructor : student)
- 1 hour Semi-private \$60
(3 students :1 Instructor)
- 1 hour group class \$45
- Yoga & Art 2 hour teen class \$125
- In-home private sessions \$130
- Dynamic Duo \$90
(2 students:instructor)

Contact Maria Fusco for
an inspirational yoga
program

Maria@elevateyogany.com
516-526-4720

>>elevate<<<
YOGA & WELLNESS FOR ALL
www.Elevateyogany.com

**516 BROADWAY
MASSAPEQUA, NY 11758**

