



Yoga & Mindful Movement builds physical strength, improves balance, flexibility, confidence, self love, self care & self kindness towards oneself. This practice reduces anxiety, stress, negative feelings & thoughts towards oneself. The personal benefits are tremendous. Email us now for your complimentary Consultation

All classes are customized to fit each individual's need.

Classes are open to the general public

PRICING

30 minutes = \$75

45 minutes = \$100

60 minutes = \$150

90 minutes = \$200

(Includes Social Skills Building)

*Virtual & In Person classes available.

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