

YOGA INSTRUCTION FROM NYCYogini.com

Learn to de-stress and find your center today!

I am a certified Vinyasa yoga instructor and holder of a 200-hour Teaching Certificate in Vinyasa flow from a Yoga Alliance-certified school. I also have certifications in several other disciplines.

My specialty is Vinyasa flow with a focus on alignment and meditation. These lessons are ideal for students just beginning their practice, or learning to deepen it.

My rates are very reasonable for private yoga instruction in New York. I charge \$50 hour for at-home privates or semi-privates (2-3 students) and am willing to negotiate better rates for frequent students. Many private yoga instructors in New York will charge \$100 or more per hour!

Flexible locations: in the park, lawn, or in your residence. I live in Battery Park City and can meet you at whatever location is most convenient!

Please visit my website, <http://nycyogini.com> to learn more about my personal yogic journey!

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