SERVICES | Teaching **02 August 2022**

I do yoga classes offline and online, both for personal and group classes with convenient schedule. Also, there is an option to come to you with all the yoga equipment.

In individual yoga practice, I may work with such requests as:
- headaches, lower back/knee pain, postural disturbances
- overweight, metabolic syndrome
- high pressure/low pressure
- scoliosis 1-2 degrees
- depression, panic attacks

Both individual and group practice are adaptive to the physiological features of the body, age, health conditions and expected results.

I also conduct:
- individual and group meditations
- individual theta practices
- Sound healing
- SADHU nails practice

My location is Trenton, NJ

Phone number (972) 632 98 86

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