



YOGA AND MEDITATION FOR ALL ABILITIES

Ages 10 +

Private in-home yoga and meditation lessons to help with stress, depression, anxiety, scoliosis, attention span, mind-body awareness, focus, centering, body positivity, cerebral palsy, developmental delays, Parkinson's, weight loss, mental health, and much more



Call or email to schedule



913.226.0632



kaceyeis@yahoo.com