



HOLISTIC OFFERINGS

- Hypnotherapy
- Integral Breath Therapy
- Life Coaching
- Nutrition Coaching
- Reiki Energy Healing
- Polarity
- Yoga Therapy
- Neuro-Emotional Technique (N.E.T)
- Integrative CranioSacral Therapy

...AND A WHOLE LOT MORE!

Yoga is for everyBODY!

Yoga unites the mind, body, and soul in a way that eases tension, reduces inflammation, and promotes health and well-being. Regular practice will help you to reduce stress, increase flexibility, and improve your overall outlook on life. We specialize in teaching ALL ages and fitness levels and can bring the ZEN directly to you!

CONTACT US

Phone

(847) 840-7277

Website

www.NicoleAnneYoga.com

Social Media

@nicoleanneyoga



ARIZONA'S #1
Mobile Yoga and Holistic
Practitioner Company

"We bring the ZEN to you!"





Corporate Yoga

Bring yoga classes to your workplace in order to help support the overall health and well-being of your employees. Implementing yoga in the corporate setting has been shown to boost employee morale, minimize stress, and reduce sick days. No matter what type of space you have - large or small - we can bring the calm, peaceful feeling of a yoga studio directly into your corporate setting!

Additional Options

- Team-Building Meditations
- Corporate Retreat Special Events (Meditation, Sound Healing, Yoga)
- Employee Life Coaching

Private Yoga

All sessions can be offered in the comfort of your own home where you can enjoy personalized time and attention from your very own yoga instructor. Sessions can be designed for individuals or to accommodate a small group of friends or family members. In-home yoga is ideal for anyone who is homebound or recovering from an illness or surgery and cannot travel to a yoga or fitness studio.

Wedding Yoga Options

- Bridal Showers
- Bachelorette Parties
- Pre-wedding Yoga Workouts for the Bride-to-Be
- Pre-wedding Partner Yoga for the Bride and Groom
- Wedding Day Bridal Party Yoga



In-Home Yoga Options

- Couples Yoga
- Prenatal Yoga
- Ladies' Night In Yoga Parties
- Yoga Birthday Parties for Children

School Yoga Options

- Yoga for Homeschoolers
- Mindfulness Programs
- Before/After School Yoga
- Faculty/Staff Yoga
- Pre-Testing Relaxation Techniques



Book Online or Call for More Details!

