



HOLISTIC OFFERINGS

- Hypnotherapy
- Integral Breath Therapy
- Life Coaching
- Nutrition Coaching
- Reiki Energy Healing
- Massage Therapy
- Yoga Therapy
- Stress Relief Coaching
- Spiritual Coaching

... 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 reduce stress, increase flexibility, and improve your overall outlook on life.

We specialize in teaching ALL ages and fitness levels. *We bring ZEN to you!*



Partnering with



airbnb

GoodNight
HOME WHEREVER YOU GO



Valleywise
Health

Featured in Forbes Magazine for being top 10 in their industry.

CONTACT US

602-600-0430

www.NicoleAnneYoga.com



@NicoleAnneYoga



SCAN TO
LEARN
MORE



Nicole Anne Yoga™

AWARD WINNING,
MOBILE YOGA & HOLISTIC
WELLNESS COMPANY

Bringing the ZEN since 2017!





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, workplace or conference room, 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
- Corporate retreat Social Events (Meditation, Sound Healing, Yoga)
- Employee Life Coaching
- Employee Life & Stress Relief
- Corporate Coaching Workshops
- Can Accommodate Groups up to 100

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 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 Yoga Events
- 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
- Senior Chair Yoga
- Aqua Yoga / Therapy
- Kids Yoga
- Sound Healing

SCHOOL YOGA

OPTIONS:

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

.....

BOOK ONLINE OR CALL FOR MORE DETAILS!