

nariswansong
let your self be lifted



yoga classes
meditation
instruction
guitar & song

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nariswansong.com

I teach gentle, fun & accessible yoga!

- For folks new to yoga
- For folks with limited mobility or chronic pain
- For folks recovering from trauma or addiction
- For folks in bigger bodies
- For folks in aging bodies

I believe that Yoga can benefit EVERY body!

♥ gentle movement ♥ meditation ♥ breathing practices ♥ wisdom ♥ song

- improved strength and mobility
- Learning to feel safe and comfortable in the body
- Cultivating compassion & care for our bodies
- Hanging out with other cool people just like you!

I can come to YOUR SPACE for yoga or music events!

- I bring all the equipment!
- Indoor or outdoor
- Custom designed for your group

Check out my calendar
for where to find me next!

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