
walls, pads, barbecue areas, fire pits and more. No job to big or small. Driveways, patios, stairs, retaining walls, pads, barbecue areas, fire pits and more. No job to big or small. (natural stone / concrete pavers), retaining walls, irrigation systems, plantings, landscape refurbishments offers complete landscape construction services including natural stone and concrete paver installation, retaining walls, custom fences, drainage solutions, lighting, irrigation paver patio, walkway or drive way yard clean up--new lawn -- low voltage lighting-- installation of new sprinkler systems--new fences-- installation of new arbors -- installation of new decks -- concrete patio walkways -- concrete or paver driveways -- installation of new retainer walls -- new ponds - drainage systems Paver and Rock Installation Retaining Wall Experts **Paver, Flagstone Patio & Walkways natural stone, fabricated block and wood steps, stairs, landings ect... as well as paver and retaining wall installation. paver installation, retaining walls, custom fences, drainage solutions, lighting, irrigation and more. lighting sprinkler systems - double check valve - station - automatic timer - new fences repair - gate - arbor - decking - railing - steps - patio - walkway - concrete or paver - retainer wall - water pea tunes - ponds - drainage systems - drain rocks paver installation (natural stone / concrete pavers), retaining walls, irrigation systems, plantings, landscape refurbishments and much atios, Walks & Walls Paver Driveways Retaining & Seat Walls Back Yard LandscapinG Hi, I am a registered yoga teacher trained in Vinyasa Flow. I will travel to you and teach in your home, office or you could join my classes at my home in Smithtown. I enjoy bringing yoga out of the studio and into the world. Classes can be tailored to meet your needs. I will meet you not only literally where you are in the physical world but where you are in your yoga practice. I love to introduce people to yoga. Everybody has to start somewhere. Don't be afraid to contact me if you are a complete beginner! Private or semi-private classes are great for:

- Parents with young kids who need to de-stress but can't find the time to get to a studio
- Families with tweens or teens who may not be able to keep quiet for an hour in a yoga studio
- Groups of friends who want a more relaxed environment than the typical yoga studio provides
- Couples who want to bond with each other and make their relationship stronger
- Golf buddies who want to increase their flexibility and range of motion to improve their game
- Sports teams that want to prevent injuries, increase balance and flexibility
- Student athletes who play on teams that don't put enough time into stretching during training
- Busy professionals with work schedules that prohibit them from getting to a group class
- Beginners who are intimidated by a class full of more experienced students

My price is very reasonable and very similar to the local yoga studios. Give yourself the gift of yoga !!! Namaste

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