


Yoga Instruction

Location **North Carolina**
<https://www.genclassifieds.com/x-778161-z>



QR Code Link to This Post I am looking for someone to come into my home 2-4 times a month and help teach me some basic and later advanced yoga. I am an older male (50), somewhat big bodied who needs to develop a non weight lifting (body weight) program that incorporates high degree of flexibility to sustain and keep from being injured.

Please reply with your ideas about how to make this happen and.

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