

Yoga For Weddings

Destress for your Best

- Night Before/Morning of Big Day
- Pre-Wedding Boot Camp Classes
- Wedding Party Yoga Sessions
- Pranayama Breathing Techniques
- ...And More!

Yoga helps calm the mind and body, making you less stressed and able to focus your attention on YOUR BIG DAY. My goal is to help you do just that and make you feel your best self!

Incorporating poses that:

- Deeply detoxify
- Promote mental clarity
- Balance, tranquilize, and calm the nervous system
- Counteract the negative effects of stress
- Restore your entire system--including the emotional body
- Improves digestion
- Open the heart center—releasing emotional blocks and fear



Contact me for more details
and pricing:

Website:

kateunleashed.com

Email:

hello@kateunleashed.com

FB/Gram:

kateunleashed