

Go-Yoga
15 E Main Street
North East, PA 16428

Phone: 814-440-5722

Fax: n/a

www.goyogallc.com

Services for: Children and Adults

Age range: 3 to adult

Services offered:

Children and adult yoga classes. Children's classes include exploration of movement, breath and focus in fun, challenging ways. Great way to develop interaction between both sides of the brain in a supported calm atmosphere. Develops body awareness, use of the breath, focus, and attention. Also explore new situations in a supported atmosphere.

Referral:

Call 814-440-5722 to discuss individual needs or go to our web site for more information.

Fee for services: yes

Acceptable payment methods: cash or check

Accept third party insurance: no