

First Pilates Mat Class

\$10!

Wed 11:30a & Sun 9a

Namaste Yoga Center / 371 Amsterdam Ave

212.595.5922

Sign Up Online

Stress Less Intro Offer

Pilates or GYROTONIC

Three 55min Sessions

\$225*

**First time clients only*

by appointment 212-595-5922

Stress Less Massage Intro

Swedish, Deep Tissue, Thai Yoga

3 1hr Sessions

\$300

by appt **212-595-5922**