

Llamaste Yoga Center Opens Student Focused Studio in DUMBO

Llamaste Yoga Center and Boutique has opened and is now accepting individuals interested in open-level vinyasa flow which focuses on student needs and goals.

BROOKLYN, NY, UNITED STATES, December 20, 2018 /EINPresswire.com/ -- Llamaste Yoga Center offers a refuge from the daily challenges of life. Located in Dumbo Brooklyn, New York, this peaceful studio provides the perfect environment for the ultimate union of body and soul.

Llamaste Yoga Center has 12 semi-private classes per week in a variety of yoga styles and levels from beginner yoga to an energetic, strengthening Vinyasa yoga. These classes are designed to help the student perfect their practice through individual attention to one's needs and goals. Llamaste also offers private sessions that are by special request. These private sessions can be in the studio or at a requested home or workplace. The yoga instructors are all certified and take pleasure getting to know the students so that each get the most out of their yogic experience. They are committed to offering expert guidance as yoga can bring many benefits to every day life.

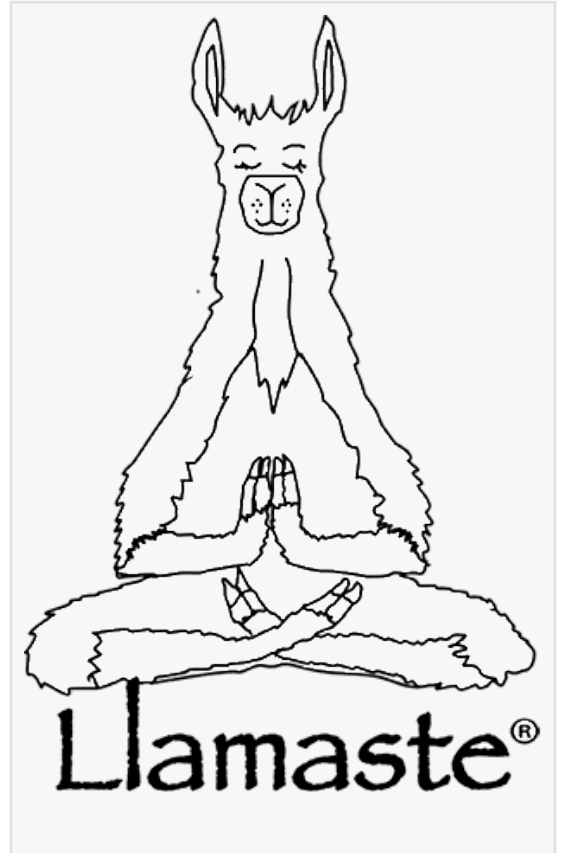
"I am so excited for students to experience the healing benefits of yoga at Llamaste," says Farrah, a faculty member of the studio. "The individualized attention really helps bring them closer to their personal achievement in the practice."

Llamaste's mission is to give caring focus to those students who need more attention or may have minor injuries, and to make yoga readily accessible to every-body, regardless of age, level or fitness ability. It is not necessary to be flexible or strong to begin a yoga practice; an open mind and a willingness to explore your experience is all that's required. Yoga is an amazing journey of self-discovery. Llamaste encourages everyone to come and experience some of the incredible benefits of this ancient practice. Llamaste Yoga Studio also has a full-service yoga boutique with a tasteful selection of yoga clothing, accessories, mats, bags, mat carriers, and all-natural yoga mat spray made in house.

More information on the company including their hours, class times, and products can be found at www.llamaste.com.

Bill Ades is the founder of Llamaste and is a certified yoga instructor through The Kaivalya Yoga Method 500 hour Teachers Training Program, as well as a nutrition coach through the Institute for Integrative Nutrition.

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