

Yoga for Wellness



Yoga for Wellness is a combination of breathing techniques, physical exercise and postures that improve general mental and physical health.

Benefits include:

- * Harmonize the body, mind and spirit
- * Increase strength, flexibility and balance
- * Detoxify your body
- * Increase metabolism and energy
- * Reduce stress, insomnia and anxiety
- * Counter the effects of depression
- * Reduce back pain



Class details

\$65 per month

Tuesday and Thursdays 6:00 - 7:00 PM

Integrative Healing Institute
3300 Nacogdoches Rd, Ste 110
San Antonio TX 78217

Call 210-527-7651 to RSVP (space is limited)

About the instructor

Vielka McBride has 8 years experience practicing Yoga. She has worked with many types of students, including athletes, seniors and people with injuries.

Vielka is a Yoga Alliance registered teacher and is certified by Yoga Yoga Austin. She holds a Bachelor's degree and is Licensed in Psychology from the University of Costa Rica. She holds numerous certifications in alternative health such as hypnosis, Bach flowers, and sexual health.



"Yoga is for everyone!"
- Vielka

