



## **Nasim Bijanzadeh**

Certified and experienced yoga teacher with a passion for guiding students on their wellness journey.

### **Namaste and warm greeting!**

As a yoga teacher, I am honored to guide you on a journey of self-discovery and inner peace, Through the practice of asanas (physical postures), pranayama (breathing techniques), and meditation.

On the mat, I am committed to helping you to do the asana properly with correct breathing, stay there for several breathing, come out of asana correctly, so in this way we can uncover the boundless potential within ourselves.

We can come together to explore this ancient tradition, whether you are a yogi or stepping onto the mat for the first time, my aim is to support you in your unique path.

Welcome to the enlightening world of yoga  
Richmond Hill, Ontario



Information and appointments: Email : [yoga.nasimb@gmail.com](mailto:yoga.nasimb@gmail.com)