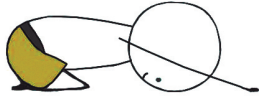




Cooperstown Fit To Be Tied Yoga

"Your body is the child of the soul. You must nourish and train that child."
B.K.S. Iyengar



ADHO MUKHA VIRASANA
Child's pose

One Path, Many Teachers

"Yoga. The Adventure Within."

2023 Spring/Summer Therapies

Thai Massage with Reiki Boost • 90 Minutes \$90

Reiki Certification Level 1
6 Hours \$150/Includes Manual.

Reiki Level II Certification
10 Hours \$275/Includes Manual

Reiki Master Training
16 Hours \$525/Includes Manual

Cranio Sacral • 1 Hour \$60

Private Yoga or Aerial Lessons • \$40 Walk-in or
\$120/4Sessions

The Journey

A 2 hour session combining Yin yoga with assists, Thai yoga massage, meditation and energy work includes Reiki and Cranio Sacral therapy • \$225.



103 Main Street, Cooperstown

(Key Bank, 3rd Floor)

(607) 282-6365

