



Maryrose "Mimi" Borda, MA, RYT
 Serving the Wellness industry since 2006.
 Multi certified in various Yoga modalities,
 Pilates, Group Fitness, Hypnotherapy,
 Senior Specialist, Mid-Life Health, and



I'm dedicated to helping those seeking to improve their physical, emotional, and mental wellbeing.

Text to set up an appointment for your
 15 minute telephone
 Complimentary Consultation.

718-505-YOGA (9642)

Envíe un mensaje de texto para
 programar una cita para su consulta
 telefónica gratuita de
 15 minutos.

***Hello and Welcome to your Private Coaching!
 I'm Instructor and Wellness Coach,
 Mimi Borda***

I assist good people like you find ways to overcome barriers and create self-directed, transformational, and long lasting changes by providing tools for a healthier and better quality of life.

Offering private and individualized wellness sessions, specializing in Yoga, Meditation, Thai Yoga Bodywork, and Pilates among other wellness modalities.

Our focus is from a holistic point of view in which together, we address both mind and body for better optimization in addressing physical movement as well as other concerns such as; weight issues, dietary habits, stress, sleep, self-esteem, etc.

Experience the difference a personalized approach to wellness can make!

Congratulations on this important step towards feeling your very best!

Your Investment:

First session - \$100

(A \$50 non-refundable Appointment Deposit required, and will be applied only towards scheduled 1st session.)

Thereafter - Individual Sessions:

\$125 / *\$98

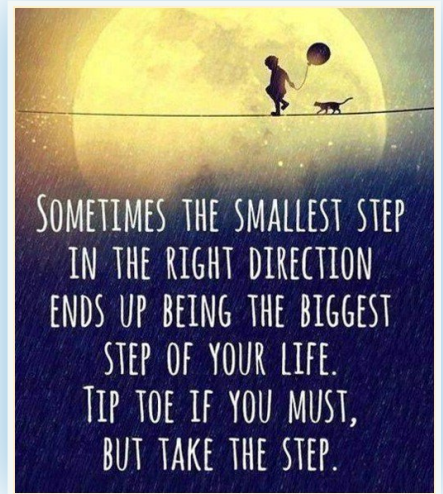
4-session package: \$450 / *\$350

8-session package: \$800 / *\$625

Based on In-Person sessions in studio

*Denotes Virtual sessions only

CC, PayPal, Venmo, Zelle, cash



Mimi For Me Yoga, mind & body wellness

MimiForMeYoga.com * Email: MimiForMeYoga@gmail.com

Llame-Call/Text 718-505-YOGA (9642)

Google Yelp Facebook IG

With, Joy - Love - Gratitude, and Peace~