



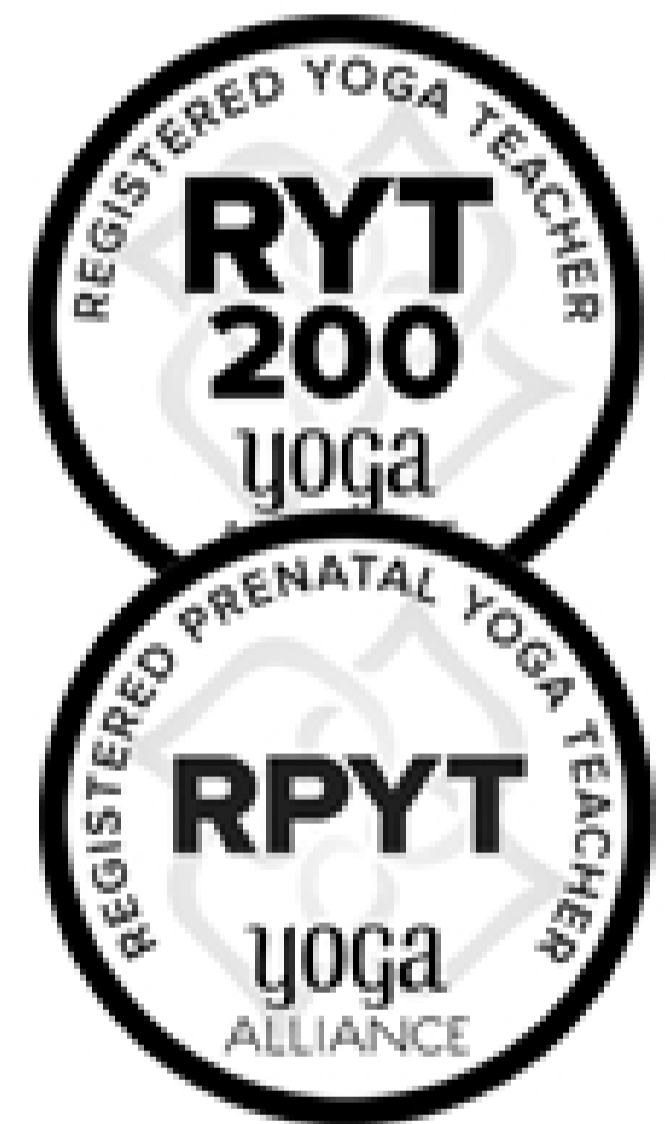
YOGA

SPARROWEBITES

YOGA CLASSES (TAMBIÉN EN ESPAÑOL)

HATHA, VINYASA, PRENATAL/POSNATAL YOGA
PRIVATE LESSONS & SMALL GROUPS
PERSONALIZED, FOCUSED ON THE STUDENT

SOUND MEDITATION THERAPY
(WITH HIMALAYAN SINGING BOWLS)
REIKI PRACTITIONER



MS ROCÍO MÍNGUEZ SPARROWE
YOGA INSTRUCTOR - FOUNDER

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