
A New Chapter for NB Yoga & Wellness

Dear NBYW Community,

As I write this, I'm feeling a mix of excitement, some nervousness, and a sense of letting go of something that has been so meaningful to me. I've always believed in trusting that inner voice that tells you when it's time for change, and I know that growth requires embracing shifts, even when they feel uncertain. Taking risks is a natural part of life, and it's important not to stay in a place simply because it feels familiar. Before I explain, I want you to know how grateful I am to you for being a part of the NBYW community and trusting me and Celina to guide you through your yoga practices. It means more than you know.

As life continues to evolve, I've come to realize that holding onto NBYW in the space and capacity it is today no longer aligns with my vision for the future. New passions, lifestyle changes, and the rising costs of running the current space have led me to make a difficult but necessary decision. It is with a heavy heart that I announce the closing of our current location, and the move to a smaller office space in San Mateo on San Mateo Drive. This new space will allow me to continue offering 1:1 sessions and focus on growing my Empowered Mind/Body Freedom and Mindset Coaching practices.

What does this mean moving forward?

The last day for in-person group classes at our current space will be **Thursday, March 27, 2025**. However, I plan to continue live-streaming classes on Tuesdays and Thursdays from 11:15 am to 12:15 pm through May.

Additionally, I will offer in-person practice for up to 3 students during these live-streaming sessions. If you are interested in attending these small in-person sessions, please reach out to me directly for more details. These sessions will not be advertised on our public schedule.

I will be traveling for most of June and the first week of July, and I'll have a clearer picture of future offerings once I return. More details about live streaming and other offerings will be available then.


Opportunities to Continue Practicing:

- **Yoga Pods**

These are semi-private sessions for three students, designed to create an

intimate, tailored practice that meets the unique needs of your group. Each session starts with a check-in to determine the focus, whether that's building strength, improving flexibility, deepening relaxation, or another goal.

 Small, supportive group setting

 Flexible scheduling to fit your group's needs

 Personalized guidance and connection

Investment: \$240 for a 6-week commitment (\$40 per session)

To book, gather a group of three and contact me to find a time that works for everyone.

- **Private 1:1 Yoga Sessions**

Both Celina and I will continue to offer 1:1 yoga sessions. If you'd like to schedule, please contact us individually to discuss pricing and availability.

- **Empowered Mind/Body Freedom Sessions**

These holistic sessions blend hypnotherapy, reiki, yoga, guided meditation, visualizations, and affirmations, offering a safe space for relaxation and transformation. Whether you're looking to release stress, overcome emotional blockages, or cultivate a positive mindset, these sessions will support you on your journey.

Investment: 1 Session - \$60 or 3 Sessions - \$150 (Prices increase on 4/1/25)

To schedule, please visit: [Empowered Mind/Body Freedom Sessions](#)

Stay tuned for more updates on Online Group Guided Meditations, Mindset Coaching, and other exciting group offerings designed to help you live a life you love living.

What Happens to My Membership or Unused Passes?

- **Unused Passes**

If you have any unused classes on your pass, you can use them toward the content library, any of the new offerings (1:1 yoga, Empowered Mind/Body Freedom Sessions, Mindset Coaching), or save them for our **Yoga in the Park** classes during the summer (Saturdays from August 2 - September 13 from 10:00-11:00 am). I'm happy to extend the expiration date through September if needed.

- **Memberships**

If you wish to continue your live-streaming membership, no changes are required. However, if you prefer to switch to a content library-only membership or cancel, you can do so via your Punchpass account. I'm also happy to assist if you need any help.

Thank you in advance for your understanding. If you have any questions, please do not hesitate to reach out. The decision to make this transition has not been easy, and it comes from a deep desire to remain true to my values while continuing to serve

you in the best way possible. I truly hope we can stay connected and that you'll continue to be a part of this journey.

With heartfelt appreciation,
Nicole