



NATALIE ULRICH
Experienced Registered Yoga
Teacher (500eRYT)
New York
yoganature@natalieulrich.com



Time is like a river, you cannot touch the same water twice, because the flow that has passed will never pass again. ENJOY EVERY MOMENT OF LIFE (unknown)

NEWS LETTER: Sign up
www.wildblossomyoga.com

Class description: Natalie's teaching style fuses the dynamic, creative energy of Prana Flow® and her experience of being a student of yoga, life, music, consciousness and dance. Each class offers a liberating and transformative experience that leads to a new found inner state of peace and wellbeing. Organically and skilfully designed, classes can range from being invigorating and challenging, focusing on alignment and safety to surrendering into deep relaxation or restorative variations. Students will experience flowing movement, motivating music and fun, inspiring, new unique sequences each week.



wildblossom Yoga

Yoga classes with Natalie Ulrich

ALL NEW !!!

practice yoga in a beautiful intimate
space
@ 500 fort Washington ave at 183rd St
(courtyard left)

starting March 13th

- ❖ Wednesday 6-7:15 pm (open level)
- ❖ Fridays 4:30 – 5:45 pm (beginners)
 - ❖ Fridays 6 – 7:15 pm (open level)
 - ❖ Saturdays 4 – 5:30 (open level)

Limited space, reserve your spot now@:
yoganature@natalieulrich.com
(Registration required)

MORE

- ❖ Private lessons in the privacy of your home
 - ❖ Small group lessons
 - ❖ Retreats for your company
 - ❖ Health / lifestyle coaching
 - ❖ Prenatal Yoga

