

# Holistic Healing & Mindfulness

## ► Yoga and Mindful Meditation at At Heart Yoga LLC

Tried of cookie cutter practices? At Heart Yoga offers yoga and mindful meditation sessions customized to your individual needs. "I offer both group and private classes, in-person and virtually. *I love any opportunity to conduct classes at clients' locations, bringing mindfulness straight to you,*" explained At Heart Yoga founder and *Over 40 & Fabulous* alum Emma Uvena.

By linking breath with movement, Uvena prides herself on guiding people through self-discovery, deeper connection and enhanced self-love, **creating a healthier and more peaceful state of mind.**

[atheartyoga.com](http://atheartyoga.com)

