

namaste new york

Your Partner in Wellness & Fitness

NAMASTE NEW YORK matches you with **best in class practitioners** in health & wellness for **private in-home or in-office** sessions, complemented by **expert advisory** - all designed **exclusively for you**, your family or your organization.

DESIGNED & DELIVERED//

You will receive an individualized consultation with a Wellness Advisor by phone to gain an understanding of your daily life, scheduling needs and wellness goals. We design a customized wellness plan with hand-picked services and professionals who best meet your needs.

CONTINUITY OF CARE//

Once your plan is underway, your Wellness Advisor ensures optimization and continuity across your plan, communicating with you and your wellness professionals to ensure a dynamic, evolving experience.

A PRICELESS RESOURCE//

Namaste's Wellness Advisors are your go-to resource, both within and beyond your plan. They connect you with the services and professionals you need and help support you in your goals and wellbeing each day.

WELLNESS ADVISORY

Receive ongoing, customized wellness and fitness guidance to optimize your plan.

MASSAGE + BODYWORK

Experience a wide-range of eastern and western massage and bodywork practices, including Thai and Assisted Stretch.

YOGA

Experience stretching, breathing, strengthening, challenging or restorative styles.

MEDITATION

Train in a wide range of contemplative practices selected based on your needs and intentions.

PERSONAL TRAINING

Have fun and be inspired by incorporating both eastern and western movement practices.

NUTRITION COACHING

Change your relationship with food and learn to nourish yourself in a balanced and sustainable way.

KIDS + FAMILY

Care for your children and family with kids yoga, couples massage, family training sessions and more.

CORPORATE PROGRAMMING

Care for and optimize your employees' health with on-site wellness and fitness.

GREATER NYC | SOUTH FLORIDA
ASPEN | LOS ANGELES
SAN FRANCISCO | & BEYOND

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Attendees of the FOX Fall Enterprise Forum can receive **a complimentary Wellness Advisory session** by phone or video (a \$395 value).

To redeem your offer and discuss your personal, family, or organizational needs, please contact **FOX@namasteny.com**.