



Tutorcise

At Tutorcise, I teach students to integrate exercise while studying and doing homework. My innovative tutoring program incorporates mindfulness, breath, yoga, strength exercises and cardio to create an optimum learning environment. I teach them how to breathe properly in conjunction with the establishment of personal affirmations, which alter the neural pathways in the brain. Habits of mind can be changed from negative to positive.

The result is increased self-esteem, confidence, and better performance in school. The combination of reviewing vocabulary, math formulas, and other material for daily assessments and standardized testing while participating in my specialized physical activities create a successful learning environment.

**Sessions are available at my studio and privately:
125 East 23rd Street, #500, New York, NY**

**I am a Certified New York State Teacher, and I hold certifications in Personal Training and Yoga (American Council on Exercise/YogaFit/Deep Yoga). Contact me on the web if you would like to know more about this program and how it can positively impact your child's success in school. Classes are also available for adults.
[tutored2000@yahoo.com]**



www.tutorcise.com