



Private Instruction: YOGA: ONE-ON-ONE

Does your practice feel uninspired lately? Private sessions can help deepen your practice so you maximize its healing and revitalizing benefits. I will guide you by providing hands-on adjustments, visual body-mapping, more nuanced technique in breathwork, and inspiration and support.

Depending on your current needs, I can customize a series of yoga therapeutic classes to optimize your health, reduce your reaction to stress, deepen your understanding of the yoga sutras and principles of alignment, and enliven your prana through breathwork.

Private lessons are offered at a studio location or at your home or office. I also offer Corporate classes and Private Yoga parties. Please note, there is a 24 hour cancellation policy. Charges apply for all sessions cancelled within 24 hours of the scheduled appointment.

A single or series of private yoga classes will:

- *help you build confidence in your approach to building a strong yoga practice
- * address specific therapeutic issues related to injury or limitation
- *tailor a practice to fit your needs
- *develop or improve your home practice
- *calm and soothe your nervous system

RATES:

Private or Couples:

**\$90/hour, \$99/1.5 hour house session,
\$425 for a series of five one-hour sessions.**

Semi-privates (3-5 people):

\$70/hour; \$85/1.5 hour.

Corporate Class (5-20):

\$200/hour; \$225/1.5 hours.

***\$20 transportation fee added for off-site**