

1 ON 1 YOGA

PRIVATE GROUP YOGA

60,75 or 90 minutes. These private sessions will be customized to your specific goals and needs.

We will explore various breathwork, self care practices, nervous system regulation, joint mobility and balance practices to support your overall health and quality of life.

A variety of options for styles of yoga including but not limited to:

Restorative yoga, Yin Yoga and Yoga Nidra. Soundbath included in each session.

Healy(microcurrent and frequency device approved by Health Canada)scan and program included. To book: sarissa.banks@gmail.com

(780)933-0457

www.findyouryoga.ca

