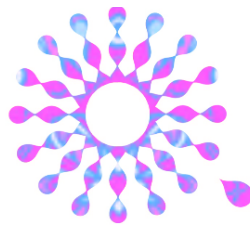


Arizona's #1 Mobile Yoga Company!

www.NicoleAnneYoga.com

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(847) 840-7277



Nicole Anne Yoga™

"We bring the ZEN to you!"



OFFERINGS

YOGA

VINYASA A faster-paced practice in which movements form a flowing sequence with the breath.

HATHA Refers to a set of physical exercises (asanas or postures) and sequences of postures designed to align the mind, body and spirit.

RESTORATIVE This practice is all about slowing down and opening your body during passive and relaxed stretching. Typically practiced with multiple props to encourage deeply supported postures.

YIN Involves tranquil seated and reclined postures, typically held for 3-5 minutes. Accessing deeper layers of fascia between the muscle fibres.

*Ask us about other specialty methods including: Chair Yoga, Thai Yoga, Hatha Gong, Kids Yoga, Yoga for PTSD, Bhakti Yoga, Aqua Yoga and Reiki Infused Yoga.

MEDITATION

YOGA NIDRA A sleep-based meditation technique, designed to take you into a profound state of relaxation and conscious awareness.

GUIDED VISUALIZATION A meditation technique used to visualize and manifest desired outcome and ability to overcome stagnant life patterns.

INTEGRATED BREATH THERAPY A breath and meditation process that cleanses the mind, body and spirit to clear away toxic patterns of being.



CONTINUED OFFERINGS

SOUND HEALING

SOUND HEALING MEDITATION Also known as “vibrational medicine,” this practice utilizes the vibrations of the human voice as well as objects that resonate healing vibrations – singing bowls, gongs, Tibetan singing bowls, tuning forks, chimes -to go beyond relaxation and stimulate healing.

YOGA THERAPY

1 ON 1 YOGA THERAPY Utilizes various yoga postures/shapes to access blocked energy in the body. Verbal techniques facilitate the integration of newly released energy to create an overall body stretch and energy opener. Yoga therapy gives you the same benefits of yoga class but in a more pointed, directed and personal manner and gives you its physical and transformational results more quickly.

COACHING

LIFE COACHING A life coach is a highly-trained, certified wellness professional who counsels and encourages others on matters having to do with careers or personal challenges. Your life coach is your very own personal advocate, strategist, motivator and accountability partner who can help you clearly define and achieve the goals you’d like most to achieve.

TRANSFORMATIONAL YOGA COACHING A transformational yoga coach will work with you 1-on-1 to take physical and psychological patterns and turn them into healthy self-care and growth opportunities, for your yoga practice and daily life. This coaching practice will focus on decoding spiritual wisdom with practice in the comfort of a serene nature setting.
Great for small company team builders and a way to increase team morale!

HOLISTIC NUTRITION COACHING Do you feel you need guidance about which vitamins or nutrients your body may be lacking? Do you feel optimal nutrition will support a healthy and productive life? Holistic nutrition coaching takes food in its purest form and coaches you how to prepare Organic, GMO-free, local and unprocessed food. Private cooking classes also available.

CORPORATE/SCHOOL RATES

PACKAGE A. \$1,080.00/MONTH FOR 1 INSTRUCTOR TO TEACH UP TO 50 EMPLOYEES ONCE A WEEK.

PACKAGE B. \$1,900.00/MONTH FOR 1 INSTRUCTOR TO TEACH UP TO 50 EMPLOYEES TWICE A WEEK.

PACKAGE C. \$2,500.00/MONTH FOR 1 INSTRUCTOR TO TEACH UP TO 50 EMPLOYEES 3 TIMES A WEEK.

PACKAGE D. \$2,000.00/MONTH FOR 2 INSTRUCTORS TO TEACH 51-100 EMPLOYEES ONCE A WEEK.

PRIVATE PACKAGES

YOGA/MEDITATION

3 – 1 HOUR SESSIONS \$345

6 – 1 HOUR SESSIONS \$678

12 – 1 HOUR SESSIONS \$1320

LIFE COACHING

3 – 1 HOUR SESSIONS \$285

6 – 1 HOUR SESSIONS \$558

12 – 1 HOUR SESSIONS \$1080

