

Eat. Love. Yoga

Yoga, Cookies & More

Eat. Love. Yoga. can provide you a customized event filled with yoga and delicious healthy food and sweets... leading up to or the day of your special event. Get your friends and family in on the action, from a movement flow to a meditation practice the choice is yours.

Yoga can:

Reduce the stress associated with the overwhelming task of planning your big day.

Provide a positive environment so that you are able to handle stressful situations.

Allow you to live the movement in a mindful way.

Balance out your emotions.

Provide you a gorgeous glow by increasing the circulation.



1

SIP & FLOW

1 Hour Yoga Class

(Your Choice of Level)

Champagne Toast

2

WARM ME UP

1 Hour Yoga Class

(Your Choice of Level)

Hot Teas and/or Coffee

Mini Desserts

3

NAMASTAY TO EAT

1 Hour Yoga Class

(Your Choice of Level)

Hot Teas and/or Coffee

Light healthy meal

Cucumber mint/Fruit
water

T-shirt

Dessert

4

ARE YOU DOWN, DOG?

Custom Private Classes
prior to event

Tell us what your
target areas are or
what poses you would
like to work on

Location determined and arrange by you. Mats and props can be provided for an additional fee. Call for details and to customize your package.