



KEMETIC CLE SERVICE MENU



Slow & Steady

A low-to-the-earth, mindful practice designed to help you slow down and reconnect. With gentle movements and intentional breathwork, this class will leave you feeling grounded, balanced, and deeply relaxed.



Pick Me Up

A mindfully intense, higher-paced class that blends energizing movement with intentional moments of stillness. Expect to sweat, release tension, and leave feeling empowered, refreshed, and uplifted.



Chair Yoga

Enjoy all the benefits of yoga with safe and accessible chair modifications. Perfect for beginners, seniors, or anyone seeking a supportive and comfortable way to practice.



Sound Bath

Immerse yourself in the healing power of sound. Through live vibrations of crystal singing bowls, Tibetan chimes, and other meditative instruments, you'll enter a state of deep relaxation, inner peace, and renewal.



Create a Class – \$60–\$100 per session

Gather a group of 3-9 friends, family members, or colleagues for a private Kemetic yoga experience. Each session is personalized to your group's needs and intentions—whether it's relaxation, stress relief, or empowerment.



Couples Yoga – \$50 per couple

Strengthen your bond and deepen your connection with your partner through guided breathwork, mindful movement, and shared presence. This class is designed to bring harmony,