

## Private Yoga Instruction

Private yoga sessions offer new students, and advanced students, the opportunity to focus on specific goals or areas of concentration. A private lesson allows an individual to set specific goals for flexibility, strength, balance, endurance and mindful meditation. It also allows you to work thru an injury, finding your way to new possibilities.

Some individuals choose private lessons because they are uneasy about attending a public class. Some are just new to yoga and are wanting to learn basic poses as they improve their overall health and fitness. Others are longtime yogis with injuries that need healing and attention. Some are advanced yogis looking to work on new poses and inversions.

Make a commitment to better health...

- Find your breath
- Blend effort and ease
- Reduce stress and anxiety
- Increase awareness
- Build physical strength
- Increase balance and flexibility

### Get started with a consistent weekly program

\$100 Per Hour (Payment made upfront)

#### 10 Pack

\$900 (10% Discount when committing to a series of 10 Sessions with upfront payment)

1 to 2 times per week is recommended

#### Introductory 5 Pack

\$500 (Payment made upfront)

5 Sessions to introduce you to yoga and its benefits for your body and mind

#### Group Private Lesson

\$200 for a group of 3-10 (Payment made upfront)

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