

## • 🧘 Yoga Menu / Price List

### 🧘 Yoga

IP=In Person, O=Online, IP/O=both Services that are marked with an "IP" are provided In Person and marked with an "O" are provided Online via Skype, Zoom, or other video conferencing provider.

- 🧘 Yoga: Private Beginner-Intermediate-IP  
\$88 USD hr/base

Inspired Traditions: B.K.S. Iyengar, Vinyasa, Hatha, Restorative, Yin, and Addictions and Trauma. Sivapriya is a Registered Yoga Teacher E-RYT-500 with the Yoga Alliance. Each private yoga session that Sivapriya teaches is 60 minutes in length and is structured based on your current abilities, experience level and personal goals. Sivapriya will tailor your session to help you feel challenged, supported and gain a better understanding of your personal abilities. Sivapriya will offer ideas, sugges

- 🧘 Yoga: Private Adults (>65)-IP  
\$88 USD hr/base

Sivapriya has worked with the older adult population for more than thirty years. Sivapriya is sensitive to the special needs that many adults are faced. Sivapriya uses a caring approach to meet her clients where they are at and without unrealistic expectations. Sivapriya's approach offers reassurance and support to help her clients feel and be safe while realizing their greatest potential.

- 🧘 Yoga: Private Handicapped-Disabled-IP  
\$88 USD hr/base

Sivapriya began working in the health care industry in 1986. Sivapriya's experiences in an acute care setting began in 1997 and as a Registered Nurse in 2001. Sivapriya brings forth compassion and understanding to those with special needs. Sivapriya offers adjustments and modifications that may introduce the use of props. Sivapriya is conscientious and will work with you in an effort to decrease frustrations and unnecessary challenges while setting goals to meet your personal expectations.

#### **Please Note:**

- \* Students are required to supply their own equipment such as yoga mat and any props that may be needed, etc.
- \* All sessions must be paid in advance. Cancellations must be made at least 24 hours or more before the session to receive credit. Cancellations that are made within 24 hours of the session will receive no refund.

Listed rates are base and IP may vary per location

