



PRIVATE YOGA LESSONS

ABOUT

Deepen your practice, gain confidence, and receive guidance from a teacher to develop a practice tailored to your individual needs. Personal instruction is an invaluable tool for students of all levels and experience.

BENEFITS

There are many benefits to private yoga lessons, including:

- For new students, private lessons can reduce/eliminate any level of intimidation associated with attending a group class for the first time. In one or two private sessions, your instructor can prepare you for what to expect in class and give you enough basics to make you feel comfortable.
- Designing a practice to accommodate any injuries, health concerns, or other limitations you may have. Working one-on-one with an instructor will give you the opportunity to learn valuable modifications.
- Reach specific goals: physical, spiritual, mental, or emotional. If you are looking for guidance on how to tailor a group class to achieve your goals, a private lesson or two is a great way to get started.
- Class recommendations. Allowing your teacher to work closely with you in one or more private lessons will enable her to recommend appropriate group classes for you based on what she learns from you in your private session.

FEES FOR PRIVATE LESSONS

Individual Lesson	\$60
5-Lesson Package	\$290
10-Lesson Package	\$550

CALL TO SCHEDULE A PRIVATE LESSON

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