



YOGA / PILATES PRIVATE SESSIONS

YOGABOWL offers private sessions for students who want a focused, *individual* practice with their teacher. A private lesson can help you deepen your practice by exploring the fundamentals of yoga (or Pilates), specific breathing techniques, hands-on alignment adjustments and modifications for injuries or special populations. Sessions can be at your home, your office, hotel room, park, the beach – anywhere.

We offer both private and semi-private sessions.

PRIVATE TUITION – much like personal fitness training, the session is tailored to your specific needs. These sessions allow you to work privately with an experienced teacher to create a practice that makes sense for your body and your level of experience. While all yoga supports you physically, emotionally, and spiritually, private yoga lets you work on what makes sense for you—at your own pace. There are several reasons why you should add private sessions to your regular group practice. They're helpful if:

- You're a beginner and you want to get started in yoga without being overwhelmed or intimidated
- You want to go to the next level in your practice or work more in-depth
- You have injuries (back, knee, shoulder) or specific health concerns (Women's issues including fertility and pre/post natal, stress, arthritis, chronic headaches, insomnia)
- You want to work toward a specific physical goal such as increased flexibility, balance, or strength; target problem areas like tight hips or hamstrings or weak knees, or increase your mental focus in a particular sport or activity
- You want to add yoga to your weight-loss or strength-training program
- You want to cross-train for, and enhance your chosen sport
- You want to learn more about yourself – gaining awareness without judgment.
- You don't enjoy a class environment, and prefer to work one-on-one with the teacher.

YOGA /PILATES PRIVATE SESSION FEE SCHEDULE

75 minute sessions	1 session	2 sessions <i>Paid in advance</i>	5 sessions <i>Paid in advance</i>	10 sessions <i>Paid in advance</i>
One-on-one	\$130	\$250 <small>(\$125 / session)</small>	\$600 <small>(\$120 / session)</small>	\$1150 <small>(\$115 / session)</small>

SEMI-PRIVATE SESSIONS

2-on-one	\$150	\$280 <small>(\$140 / session)</small>	\$650 <small>(\$130 / session)</small>	\$1200 <small>(\$120 / session)</small>
3-on-one	\$175	\$320 <small>(\$160 / session)</small>	\$725 <small>(\$145 / session)</small>	\$1300 <small>(\$130 / session)</small>
4-on-one	\$200	\$360 <small>(\$180 / session)</small>	\$800 <small>(\$160 / session)</small>	\$1400 <small>(\$140 / session)</small>

All prices are GST inclusive.

Remember some health funds pay rebates for yoga & Pilates – enquire with your own health fund.

Contact us now to book your session(s).

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