



# YOGA AND MINDFULNESS

## CONTACT

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Fully insured  
Senior First Aid Trained  
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## PRICING

Private 1:1: \$75 single/60min  
\$80 for 2p/60min

Bundle of 8 \$560/60min 1:1  
\$600/60min 1:2

A small additional fee for travel costs apply to long distance visits.

Please ask prior to booking.

24 hour Cancellation Policy for all Private Yoga lessons. Full refund if cancellation received within 24 hours, full payment required thereafter.

## PRIVATE CLASSES

Private tuition is basically a yoga class that has been specifically designed for your needs. We all have different bodies with different challenges. Sometimes we plateau, sometimes we get injured and sometimes we lose inspiration.

A private class acknowledges all those aspects and celebrates your individuality through sequences and practices which have been hand-picked to perfectly support your body and mind.

You'll receive plenty of personalised tips and hands-on-assists if you agree. A private class can propel your practice forward, clarify teachings and reignite the fire within.

### How does it all work?

A usual private class takes between 60-90minutes. However, 30min classes are also available.

Oftentimes an individual class is enough to get the fire going again and sort minor mis-alignment in the body. However, if you have a bigger injury or simply want to enjoy regular personalised tuition we can get you going on a weekly, bi-weekly or monthly schedule.

If you prefer the convenience of your own office or home, I am happy to arrange appointments to suit your lifestyle.

### Could a private class be for me?

Seasoned practitioners and teachers often want to refine their practice and find new challenges. Complete beginners enjoy the detailed groundwork we lay together. Busy professionals arrange lunchtime classes in their offices and mothers ask me to their homes while the children are asleep.

Some of my clients work on recovering from injury, want to learn a specific pose or breath-work or simply enjoy treating themselves to the luxury of having the teachers' full attention focused on their personal needs and wishes.

### Contact me today to find a time and day that suits you.

0405 551 635. Namaste!