

## Private Yoga Sessions with Lauren of *Center Your Health*

While yoga classes are a wonderful way to learn and practice yoga, the nature of a group format is not ideal for every situation.

Each private yoga session is designed specifically for your needs. I develop yoga asanas (poses) and meditation practices for *your* individual situation, taking into consideration your fitness level, stress level, and personal goals. In a private session I am able to provide more hands on attention (physical adjustments and assisted stretching), than is possible in a group yoga class. I also provide handouts pertaining to health, yoga, and recipes that will benefit your overall health.

Sessions can take place in the comfort of your own home, my home studio, or the location of your choice. You will need to wear comfortable clothes, have a blanket nearby, and have your own yoga (sticky) mat.

### Cost

The cost for a single private yoga session starts at \$90 and is subject to change depending on location. Semi-private (2 people) and small group (3 people) sessions are also available at discounted price as stated.

| # of People | Sessions In My Home Studio           | Sessions In Your Home                |
|-------------|--------------------------------------|--------------------------------------|
| 1           | <b>\$90</b>                          | <b>\$100</b>                         |
| 2           | \$80 each (\$80 x 2 = <b>\$160</b> ) | \$90 each (\$90 x 2 = <b>\$180</b> ) |
| 3           | \$70 each (\$70 x 3 = <b>\$210</b> ) | \$80 each (\$80 x 3 = <b>\$240</b> ) |

I offer a free 10 - 15 minute phone consultation to assess your specific needs and the private yoga session best suited to your situation. To find out more or to set up your first private yoga session, contact me at 732-383-7784 or e-mail [lauren@centeryourhealth.net](mailto:lauren@centeryourhealth.net)

### 24-Hour Cancellation Policy

Sometimes life gets in the way. If an emergency arises, you are required to cancel 24 hours before class. If canceled after the 24 hour period, I require half the fee of our session together. I accept cash, check, or credit card.

