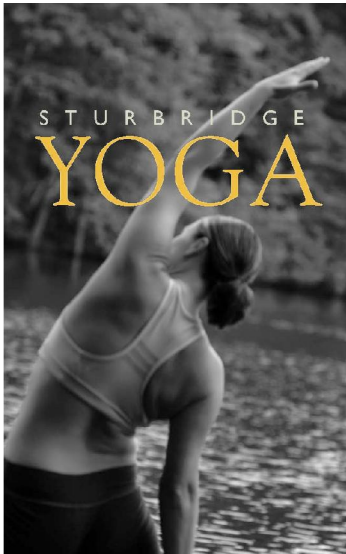


Private Yoga Instruction at Sturbridge Yoga

Laura Pucci, RYT (Registered Yoga Teacher)



Yoga is a lifetime journey that for me started 20 years ago after stepping into my first yoga studio. Having a regular practice has helped me find balance and peace, even during my busiest and most challenging times. Yoga is so much more than perfecting a pose. It is a union of mind, body and spirit. Practicing yoga helps me to stay fit on all three levels.

I am thrilled to offer private yoga instruction at Sturbridge Yoga. It allows me to share with others the many gifts that yoga has brought to my life.

Customize your private instruction to include any combination of the following core elements:

- Meditation & Relaxation
- Pranayama (Breathwork)
- Asanas (Poses) gentle/moderate/vigorous - you pick!
- Balancing Sequences
- Abdominal/Core Work
- Prenatal Yoga
- Restorative Yoga

Individual yoga instruction is a great option for beginners who want to learn the basics of yoga before joining a group class, or for more experienced yogis looking to further grow in their practice. Private group classes are an opportunity to experience yoga with close friends and benefit from the collective energy of the group. Sturbridge Yoga has provided group classes to everyone from families, to bridal parties, to corporate groups.

Sturbridge Yoga - Private Instruction Rates

1 person	\$80/hour
2 people	\$100/hour
3 people	\$120/hour
4+ people	add \$10 for each additional person

To book an appointment or for more information call 508-344-5903.

www.sturbridgeyoga.com