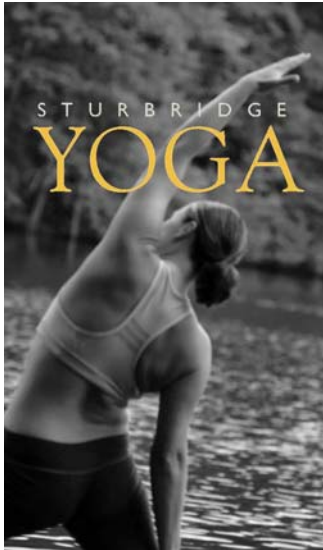


# Private Yoga Instruction

Sturbridge Yoga

508-344-5903

[www.sturbridgeyoga.com](http://www.sturbridgeyoga.com)



All over the world, more and more people are being drawn to yoga every day – not only for the physical health benefits, but also for the emotional and spiritual benefits that yoga provides. Yoga is a union of mind, body and spirit and helps us to stay fit on all 3 levels. Yoga is not only about holding a pose, but about quieting the mind, living our inner “truth” and finding balance and peace, in an often chaotic world.

If you have thought about practicing yoga, but prefer a different setting to group practice, our private 1x1 yoga instruction may be just what you need to get started. Private group instruction with a close group of friends provides a unique opportunity to develop in your practice while deepening your connections with others.

Private and small group instruction can be tailored to include any combination of the following core elements:

*Asanas-Poses (gentle/moderate/vigorous – you pick)*

*Breath work (Pranayama) / Intuition/Spiritual Healing / Meditation & Relaxation*

### *Sturbridge Yoga - Private Instruction Group Rate*

1 person - \$65/hour, 2 people - \$90/hour, 3 people - \$105/hour, each additional - \$10/pp/hour

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

*To register for group yoga classes, visit [www.sturbridgeyoga.com](http://www.sturbridgeyoga.com).*

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YOGA