

## How Can I Benefit From Private Yoga Instruction?

Traditionally yoga was taught one-on-one. While yoga classes are an effective way of learning and practicing, there comes a time when a student can best be served in a one-on-one relationship with a teacher. Private sessions provide a setting in which your individuality can be addressed. Yoga postures and breathing techniques are selected to meet your specific needs. The instructor can address any questions or needs that you have.

There are many reasons for individual yoga instruction, including:

- Rehabilitation of injuries or working in-depth with specific troublesome areas of the body
- Working toward a specific goal; flexibility, balance, strength, and focus
- Helping you develop a customized daily practice
- Receiving personal attention to help modify postures and then develop alternatives to accommodate your physical ability
- Assisting you in the precise alignment of each posture and answer any questions you have
- Increasing your confidence for individuals new to yoga, when group classes seem intimidating or overwhelming
- Acting as a complement to weight loss, strength or stress reduction programs
- Assisting in helping you focus inward for restoration, spiritual growth and emotional balance

### What is a Private Yoga Session Like?

Each private session is designed specifically for your needs. We develop postures and meditation practices for your individual needs. Your fitness level, stress level and individual personal goals are taken into account.

In a private session the instructor is able to provide hands on attention in the form of physical adjustments and assisted stretching, more than is possible in a group class setting. Meditations and guided relaxation can be customized according to your needs.

A written summary of your private session can be provided upon your request.

Our instructors are all professionally trained and meet the Yoga Alliance's certification standards. Many have additional training in specific techniques and yoga therapy.