

Private Yoga



What is Individual Yoga?

Combining healing postures with relaxation tools, breathwork, guided meditation and Imagery, your Registered Yoga Therapist will design a personal healing practice to promote overall health and well being. A minimum of three sessions is recommended to reinforce the transformative skills being introduced.

Who is this for?

Individual sessions are appropriate for all levels, from beginners wanting to develop a foundation to experienced yoga practitioners looking to enhance their existing practice.

Make an appointment today:

You can call 402-934-1617 to sign up or go online at omahaic.com. Questions you can call or email Stevie Jelden at s.jelden@omahaic.com.

What are the benefits?

- Reduces stress and promotes relaxation
- Reduces anxiety and depression by shifting the mood
- Increase physical mobility
- Heals infections and inflammations
- Enables emotional clarity and spiritual growth

What can I expect when I come?

A minimum of three sessions is *recommended* to reinforce the transformative skills being introduced, but not required. We suggest beginning with a 60 minute session.

Follow-up sessions may be used to establish your own private practice, to fine-tune your existing practice or to reinforce your practice of postures, breath work, relaxation and/or meditation.

What is the cost?

- 60 minute sessions \$70
- 30 minute sessions \$50