

PRIVATE YOGA & ONE-ON-ONE YOGA THERAPY INFORMATION

IF YOU HAVE ANY OTHER QUESTIONS, WE ALWAYS LOVE TO HEAR FROM YOU! DROP US AN EMAIL TO LIFELOVEYOGA@GMAIL.COM OR GIVE US A CALL OR TEXT US @ [541.390.5678](tel:541.390.5678)

WHAT IS YOGA THERAPY?

ALL YOGA IS THERAPEUTIC, HOWEVER PRIVATE YOGA THERAPY USES THE 8 LIMBED SYSTEM OF YOGA WITH A SPECIFIC FOCUS ON THE HEALTH AND WELLNESS OF THE INDIVIDUAL STUDENT AT ALL LEVELS; PHYSICAL, MENTAL AND SPIRITUAL. THE POSTURES AND PRACTICES ARE CUSTOMIZED TO EACH INDIVIDUAL'S ABILITY AND COMFORT, AND FOCUS ON A PARTICULAR CONDITION, INJURY, ILLNESS OR THERAPEUTIC FOCUS.

YOGA THERAPY IS APPROPRIATE FOR EVERYONE, REGARDLESS OF ANY PHYSICAL LIMITATIONS YOU MAY HAVE. WITH THAT SAID, YOGA THERAPY IS NOT JUST FOR THOSE WITH INJURIES OR ILLNESSES. YOU MAY WANT TO EXPLORE PRIVATE SESSIONS TO SIMPLY DIVE DEEPER INTO YOUR PRACTICE, OR FOCUS ON A SPECIFIC PART OF YOUR PRACTICE WITH THE ONE-ON-ONE ATTENTION OF TEACHER TO STUDENT.

WHAT HAPPENS DURING A PRIVATE SESSION?

PRIVATE YOGA THERAPY SESSIONS AND ONE-ON-ONE LESSONS ARE EITHER 60 OR 90 MINUTES LONG. BASED ON THE NEEDS OF THE INDIVIDUAL, PRIVATE THERAPY SESSIONS INCLUDE A VARIETY OF YOGA POSTURES AND MOVEMENTS, BREATHING TECHNIQUES, AWARENESS EXERCISES, DEEP RELAXATION AND MEDIATION. THERE IS A POSTURAL AND MOVEMENT ASSESSMENT AND TOGETHER WE DESIGN YOUR IDEAL, PERSONAL YOGA PRACTICE. NOTES ARE TAKEN THROUGHOUT THE SESSION FOR YOU TO CONTINUE YOUR PRACTICE AT HOME.

WHAT IS THE DIFFERENCE BETWEEN A PRIVATE SESSION AND A PUBLIC GROUP CLASS?

ONE DIFFERENCE IS THE AMOUNT OF TIME SPENT ON THE INTAKE, ASSESSMENT AND FEEDBACK PROCESS FOR THE INDIVIDUAL STUDENT. BECAUSE EACH SESSION IS DEDICATED TO ONE PERSON, THERE IS TIME FOR THE YOGA THERAPIST TO LISTEN CAREFULLY TO WHAT THE CLIENT WANTS AND NEEDS, MAKE PHYSICAL ASSESSMENTS AND MODIFICATIONS, AND THEN ADDRESSES THOSE STRENGTHS AND WEAKNESSES TOGETHER. AT THE COMPLETION OF THE SESSION THE STUDENT RECEIVES A WRITTEN PLAN FOR THEIR PERSONAL PRACTICE.

PRIVATE YOGA THERAPY AND ONE-ON-ONE YOGA LESSONS ARE AVAILABLE 7 DAYS PER WEEK AT THE AVAILABILITY OF THE TEACHER. PLEASE CONTACT KARI DIRECTLY TO DISCUSS OPTIONS AND SCHEDULE YOUR LESSON @ [541-390-5678](tel:541-390-5678) (TEXT FRIENDLY) OR VIA EMAIL TO LIFELOVEYOGA@GMAIL.COM

PRIVATE GROUP LESSONS AND YOGA PARTIES:

WE OFFER PRIVATE GROUP LESSONS AND YOGA PARTIES IN OUR STUDIO IN SISTERS OR AT YOUR CENTRAL OREGON LOCATION! WE HAVE OFFERED GROUP CLASSES FOR:

- BIRTHDAYS
- BACHELORETTE AND WEDDING PARTIES
- CORPORATE RETREATS
- WEEKEND GET-AWAYS
- SPORTS TEAMS AND GROUP FUNCTIONS