

Why Take Private Yoga Sessions?

Private sessions are an investment in your personal yoga journey. You receive personalized attention specifically for your personal wants, needs and interests. Personal attention provides you the opportunity to nurture your body, mind and spirit in the areas you choose. Your personal growth in yoga advances more efficiently and fully.

Whether you are a beginner or experienced yoga practitioner, private yoga is an excellent way to step up your practice. Here are just a few reasons you may want to book a private session:

- New yoga students gain the skills and confidence they need to join a group yoga class.
- Experienced yoga students may wish to advance their skills.
- Decrease your risk of injury. The instructor's focus is on you. They can make subtle adjustments tuned to your body.
- Working toward a personal goal. You may need individualized attention to gain the skills to attain your goal.
- Develop a personalized plan for your home practice. Your instructor can design a personal plan tuned to your needs, whether it be a relaxing or energizing sequence.
- Physical limitations that require personalized attention.
- Busy schedules that do not permit one to take a group class.
- Traditionally, yoga was taught in the teacher to student manner. This manner of teaching fosters personal growth.