



In your own home, my home, or a yoga studio.

We set a time to meet your needs

Why A Private Session?

- *You have an injury or a health concern*
- *You have never been in a class and want to start without others around*
- *You want to work on special poses or a practice that is challenging to you*
 - *You want to develop a home and/or practice to do on the road*
 - *You are stuck in your practice and want to move forward.*
 - *You just prefer the one on one attention*

*Sometimes a few private sessions can jump start
your practice*

The cost is \$75 for an hour

Series

3 private classes \$65 per hour

4 private classes \$55 per hour

(May be additional minimal cost to rent studio space)

Semi- Privates small groups also available

To schedule a session call or email

Lauren Davis

lauren@laurendavislive.com or 925-683-5623

Each student will get a stick figures and notes on the practice

