

Customized Yoga Classes

at Yoga Oceanside



A customized yoga class allows for you to address your personal needs and interests. Your class(es) may combine specific postures, breathing exercises, meditation, relaxation, yoga nidra, etc. You can enjoy a personal one-on-one experience or invite a small group to join you for a fun class. Classes can be held on-site in the studio or at a location of your choosing.

Our Yoga Instructors are well trained with diverse backgrounds of dedicated study and practice. You can request a Yoga Oceanside Instructor for your yoga class or we will connect you with one whose training is closely aligned with your personal goals.

Why try Customized Yoga?

- **Personalize a sequence of poses and practices for a specific condition.**
- **Maximize your experience in group classes by learning how to adapt the practice for you personally.**
- **Be guided to start a personal practice or learn how to advance your practice in a safe way.**
- **Receive useful, hands-on feedback for your current practice.**

Yoga Oceanside
1830 Oceanside Blvd. Suite E
Oceanside, CA 92054
760.722.YOGA (9642)
www.YogaOceanside.com

Pricing

Introductory Package for First Time Individual

- 3 Classes \$235

Customized Classes for Individual

- Single Session \$95
- 3 Sessions \$255

Customized Classes for Small Groups

- \$150 (2-9 persons)
- \$195 (10+ persons)

All sessions are 60 minutes unless otherwise negotiated.

Booking Policy

- Prepayment by credit card is required to book all customized sessions.
- To avoid charges, a 24-hour notice to cancel is needed. Late cancellations (under 24 hours) and no shows are charged 50% of the cost of service.
- Packages expire 1 year from the date of purchase.

