

Private Yoga Sessions

at Yoga Oceanside



A private session allows for a more intimate view into your practice. In a one-on-one setting, you receive an individualized practice created to address your personal needs and interests. Your sessions may combine specific postures, breathing exercises, meditation, relaxation, yoga nidra, etc.

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

Why try Private Yoga?

- **Customize a sequence of poses and practices for a specific injury or illness.**
- **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 Packages (first time private clients)

- 3 Private Sessions \$235

Private Sessions for Individuals

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

Private Sessions 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 private 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.
- To maximize the benefits of private yoga we recommend a minimum of 3 sessions.

