

Private Yoga Classes at Simple Abundance Yoga

Are you interested in trying yoga,
but are a bit intimidated by taking that first class?

Do you have a schedule which prohibits being able to attend
one of our regularly scheduled classes?

Do you have a physical or emotional challenge which
would benefit from a one-on-one yoga therapy session?

Would you like to take a private class with your spouse or a friend to
get specialized instruction to meet your specific needs?

**Try our Introductory One Hour Get to Know Yoga session
ONLY \$45 (\$80 for two people)**

In this session, you will receive one-on-one instruction from a certified yoga instructor.
You will learn how to modify the basic poses to fit your specific needs, how to use
props to make your practice more comfortable, and breathing techniques to help
make your practice stronger and more comfortable.

Call to schedule your private session today!

423.220.0552

www.simpleabundanceyoga.com