

PRIVATE or SEMI-PRIVATE *yoga*

Private or semiprivate yoga sessions can give you a more customized yoga experience to accelerate your goals whether that's to destress, reduce pain, increase flexibility or improve athletic performance. Sessions can be held at your home or at a local studio. Plus, you can add on **thai yoga massage** or **reiki healing** to further enhance your experience. Sessions can also be conducted in Spanish upon request.



ONE ON ONE SESSIONS CAN BENEFIT *anyone*

Beginners

If you are in the beginning stages of a yoga practice, private instruction can enhance and solidify the poses and techniques in a safe, personalized environment that will help you get the most out of group classes. Private Yoga can be your entire practice or can be used to enhance your current yoga practice.

Busy Commuters or Busy Moms

For those of us who can't seem to find a class time that works with our hectic schedules private yoga is a welcome change! Choosing a time that works for you and having a private class in your home will allow you to relax and get the most out of your practice.

Chair Yoga

Chair Yoga is designed for people that have limited mobility or flexibility. A chair is used to support the poses and allows the student to experience all the benefits of each pose in a safe and relaxing way. Strengthen your muscles, deepen your breath and stretch with a Chair Yoga class designed specifically for your special needs and in your own home.

Intermediate/Advanced Students

There comes a time when you want to go deeper into your practice and work on challenging sequences and poses. One on Ones can help you develop the next level of your practice that can be difficult to work on in a group class. Maybe you want to work on handstand, arm balances, or going deeper with the Bandhas or moving meditation. We will develop and inspire the beautiful practice you already have.

Runners & Cyclists

A well-rounded yoga program addressing an athlete's specific needs can help them avoid injury. By working the body through all planes of motion, yoga creates balance, stability, core strength and flexibility. Plus, athletes who learn to stay focused and centered through uncomfortable poses by concentrating on deep inhales and full exhailes can utilize yogic breathing techniques to achieve peak stamina and endurance during a race or challenging workout.

Corporate Yoga also Available



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