

PRIVATE SESSION POLICY

Transform Your Practice With Private Lessons!

A one-on-one yoga session is an invaluable opportunity to discover your true potential and overcome obstacles in your yoga practice. Whether you are new to the practice, or looking for specialized instruction for a specific purpose, to work within an injury, or seeking to deepen your practice with personal attention we highly recommend private sessions. Move, breathe, and enjoy an experience of deep understanding. You will be fully seen, heard, and held in a space of strength, reflection and compassion.

If you have a teacher in mind that's wonderful! If not, then we will assist you in selecting the appropriate teacher for your needs.

Private Rates

60 minute session at The Welcome Mat: \$60
90 minute session at The Welcome Mat: \$85

Semi Private Rates

2-person group
60 minute group private at The Welcome Mat: \$50/person
90 minute semi-private at The Welcome Mat: \$70/person

Group Privates

A private class for you and your friends or colleagues, team or wedding party, as well as Corporate Yoga also can be arranged. Please contact the studio at info@welcomematyoga.com or 780-842-0465 to arrange!

Small Group Rates*

Up to 20 people
60 minute class: \$160/ session
90 minute class: \$185/ session

All prices include GST

**Rates may vary depending on class request and the number of people in your group.*