

## 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 private session at The Welcome Mat: \$40

60 minute private session with program development (specific to your sport, performance, goals etc): \$75

#### **Semi Private Rates**

*2-person group*

60 minute semi private session at The Welcome Mat: \$40/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](mailto:info@welcomematyoga.com) or 780-842-0465 to arrange!

#### **Small Group Rates\***

*Up to 20 people*

60 minute class: \$160/ session

*All prices include GST*

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