

PRIVATE/ GROUP 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: \$45/ person (max 2 people)

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

Group Private Rates

A private 60-minute class for you and your friends or colleagues, team or wedding party, as well as Corporate Yoga also can be arranged (max 16 people at TWMSC studio). The cost for these sessions is \$25/ person up to a maximum of \$200. Please contact the studio at info@welcomematyoga.com or 780-842-0465 to arrange! Offsite classes can also be arranged at your location!

School/ Youth Group Rates

\$5/ student or youth (maximum 16 youth at TWMSC studio, or space permitting at your location)

All prices include GST

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