



PRIVATE YOGA SESSIONS:

Scheduling a private yoga session with Britt is an excellent way to develop a solid yoga practice, customize your practice to take you to the next level, or to delve into the subtleties of yoga that may not be available in a group setting. A one-on-one teacher/student yoga session is the original way yoga was taught.

New Students:

For students who are new to yoga, private lessons are the best way to set a solid foundation for your practice of yoga. Even a few private lessons can help you seamlessly integrate into a group setting.

- Learn how to practice the poses properly by understanding the structure and purpose of each pose
- Learn the proper yogic breathing to get the most benefits out of your practice
- Understand your body and learn what yoga poses would be best suited for you to strengthen your body and increase flexibility
- Get help with healing from injuries and preventing future injuries
- Gain all the benefits of a customized yoga practice that can
- Understand how to modify poses in group classes for special conditions or existing injuries

Experienced Practitioners:

For experienced students, private lessons are a highly effective way to take your practice to the next level. Through private instruction, you can customize your practice to your Dosha and your needs.

- Customize your practice
- Get support with asanas you find challenging
- Receive mantras and mudras to support you in your life at this time
- Learn how to build the strength and flexibility to deepen your practice

Pricing & Considerations

Private lessons: \$125 / 90 minute session (discounts for 3+ sessions may apply)

You are welcome to call Britt directly, free of charge, to discuss if a private yoga session is best for you. At times, it may be best to receive medical treatment prior to scheduling a private yoga session. Sometimes, there may be an injury or illness that requires medical attention to receive the most out of your yoga private and practice.

You may call Britt directly at: 503-780-4034 or email her at britt@yogawithbritt.com