



YOGA

FREE GROUP CLASSES

Yoga Fundamentals: Alignment based classes led through detailed sequences to increase strength, flexibility and general understanding of yoga asanas. Levels I, II, III Available.

Yoga for Athletes: Spend time cultivating sport-specific core strength and balance, examine yoga as mental training, and learn how incorporating yoga's approach to mind-body integration making you a better athlete.

Yoga Flow: Build heat, endurance, flexibility & strength during this class focused on connecting postures or asanas through the breath.

Power Vinyasa: Traditional Power Vinyasa Sequences taught in a 92 degree environment. Level II.

Yoga Blend: A combination of Yoga styles including flow & specific posture work. Challenge your focus while increasing flexibility & body awareness.

Restorative Yoga: Decompress after a stressful day with this calming class to increase range of motion, strength, balance, and flexibility.

Yoga Nidra: A form of guided meditation, takes the student to a state of consciousness between waking and sleeping, that allows deep inner reflection. Students often experience a feeling of well-being, reduced anxiety, and relaxation.

***Please see the Club Calendar for our current class schedule at www.StaffordHills.Com/Calendar**

PRIVATE TRAINING

PRIVATE YOGA TRAINING

Specialized instruction tailored to individual needs. Each sessions provides the opportunity to deepening your yoga practice in a safe & focused environment.

Single Session: *\$75/Session*

Four Sessions: *\$280 • \$180/duo*

Eight Sessions: *\$520 • \$320/duo*

PRIVATE YOGA THERAPY

Yoga therapy adapts the practice of Yoga to the needs of people with specific or persistent health problems not usually addressed in a group class.

Single Session: *\$80/Session*

Four Sessions: *\$300 • \$200/duo*

Eight Sessions: *\$560 • \$360/duo*

STUDIO POLICIES

- All private sessions are by appointment only.
- All classes and sessions are 55 minutes long unless otherwise noted on the schedule.
- Appointment must be scheduled by 6pm the evening prior to the scheduled class time.
- 24-hour advance notice is required to change or cancel an appointment without full charge.
- All appointments may be cancelled by leaving a phone message, in person or by sending an email to MemberServices@StaffordHills.com.
- Waitlist reservations may be made by calling the Front Desk, in person, or by sending an email to the Front Desk. We encourage you to put yourself on the waitlist for any class that you'd like to attend as people cancel classes everyday.