



Refine Your Practice with One on One Yoga

One on One Yoga at Inspiring Actions

can bring many new layers to your yoga practice whether you are looking for basic instruction, wanting to explore advanced variations or would like to experience the therapeutic benefits of a personalized Yoga practice. Your Instructor will apply the principles of Vinyasa Krama (intelligent sequencing) to design a sequence that suits your specific needs. Hands-On, individualized attention ensures proper alignment and use of modifications. Instruction in Pranayama (breathing techniques) and Meditation also available.

Cost: \$60 per hour or
\$150 for 3 x 60 minute sessions

