



MOKSHA

Yoga & Wellness

Customizable Yoga, Ayurveda, and Fitness Offerings

Yoga:

1. *Personal Yoga Session (1 Student)*- \$65 Entirely customized sequence, alignment and hands-on assists personalized to you. Can be aimed at increasing knowledge of asanas, yoga philosophy, or working on a particular painful/tight area in the body.
2. *Private Yoga Class (Up to 12 Students)*- \$120 Entirely customized sequence appropriate for class level and experience. Can focus on asanas, pranayama, meditation, etc.
3. *Providing a guest teacher for a yoga workshop or retreat*- email for pricing and details

Ayurveda:

1. *Ayurvedic Cooking Class (Up to 12 students)*- \$200 + cost of food- A fun and unique experience for groups to learn the basics of ayurvedic cooking. Menu approved beforehand.
2. *Ayurvedic Workshop*- \$250- A 2 hr workshop on the basics of ayurveda. Perfect for a corporate group, church retreat, etc. Gives students tangible tips to improve their health.
3. *Provide a guest teacher for a yoga workshop or retreat*- email for pricing and details

Fitness:

1. *Personal Training Session*- 5 sessions for \$100, 10 Sessions for \$175-
2. *Private Fitness Class*- Pilates style core class, or circuit style fitness training. Email for details and pricing.