

SASHA YOGA + WELLNESS

Hello and welcome!

Thank you for your interest in working one-on-one to develop your yoga practice, and thank yourself for being curious enough and willing to commit to illuminating your life through this powerful work. Starting with 5 sessions or more is an effective way to begin, as it allows you work consistently toward achieving your goals.

Whether or not you have a strong and regular practice in attending classes, one-on-one sessions will give you the chance to apply to your practice [in class or at home] what you are working on privately. You will feel tremendous enhancements in your body, mind, and practice.

If at any time you have questions, please let me know.

Pricing

Pay prior to session by check, Venmo [@sashanelson](#), PayPal [snelson130@gmail.com](#), or Bank of America. You will receive \$5 off each session if you purchase 5 or more sessions.

60 minute sessions

Single: \$200 / 60 minutes

5 pack: 5 @ \$195

10 pack: 10 @ \$190

90 minute sessions

Single: \$250 / 90 min

5 pack: 5 @ \$245

10 pack: 10 @ \$240

**Each additional person added to the session is \$25.*

Cancellation

Cancellation with less than 24 hours notice results in a forfeiture of the session. In an emergency this can be waived at my discretion. Cancellation with more than 24 hours notice requires that you make up the session within one week of the cancelled appointment, otherwise that session will be forfeited. If I cancel on you with less than 24 hours notice, we will reschedule at your convenience and it will not come out of your package.

Supplies

I ask that you have the following before we begin our sessions together:

- at least one yoga mat
- at least two foam or cork yoga blocks
- one yoga strap or yoga belt

All of these will be used to support you in your practice. You can purchase these items at a yoga studio, sports store, bookstore, health food stores online at manduka.com, or on my [Amazon storefront](#).

Space

You must have a space in your home or building that is clean, free of furniture and pets, and a cleared wall space. If you choose to practice in your living space please clear furniture, clutter, electronics, and/or pets.

If you have a gym or community space you prefer to utilize, you are welcome to arrange to use that space. It is ideal that you book the space to use one-on-one so we can both concentrate without distraction.

Scheduling

Please let me know your availability and when you would like to schedule your first session. I recommend a 5 or 10-pack to start, so that we can work on your specific goals together and address more than just one aspect of your practice. This offers a chance to investigate, explore, and create positive transformations.

Please return form indicating which session package you prefer and a list of days/times you are available.

Thank you, I look forward to supporting you!

Be well,

Sasha