

# ONE-ON-ONE YOGA

with Carol Bender

## PRICING AND PACKAGES

*60 minute session - \$75*

*90 minute session - \$110*

*Three Pack (60 min) - \$195*

*Three Pack (90 min) - \$280*

*For more information or to schedule, email or call*

**BENDER.CONSULT@GMAIL.COM**

**405.747.9826**

# CAROL'S OFFERINGS

## PERSONAL YOGA

*You will receive individualized, detailed instruction and a personal connection with your teacher. A private session can greatly reduce the intimidation factor associated with attending a group yoga class. You will enjoy a customized practice and advice on how to achieve your yoga goals. Beginners will learn basic postures, breathing exercises, meditation/relaxation techniques, and how to use yoga props. Established practitioners will be given instruction on how to refine their yoga practice or take it to another level. Handouts and resources for home study will be provided.*

## YOGA THERAPY

*Yoga Therapy is designed to complement conventional medical approaches and empowers you to participate in your own healing at all levels (body, mind, & spirit). Yoga therapy protocols and interventions have been developed for many conditions including: addiction, anxiety, arthritis, autoimmune disorders, back pain, depression, diabetes, eating disorders, fatigue, fibromyalgia, heart disease, high blood pressure, hormonal issues, insomnia, joint pain, migraines, stress, and more. In the first session, your intake form will be reviewed and your objectives discussed. You will leave the first session with an initial prescription for personal practice; this will evolve as your condition changes. You will learn postures, breathing exercises, mudras (yoga hand positions), and meditation/relaxation techniques for your condition. Handouts & resources for home study will be provided. The session will complement but not compete with your physician's advice and guidance.*