



Private Yoga & Pilates Instruction **Now offered at the NAU Rec Center**

Take your favorite group workouts & training to the next level, work one-on-one with a certified professional.

Private Sessions are very useful for those who either don't benefit from a large class setting, have chronic issues they want to address or simply want specific personal attention to help meet fitness/wellness goals.

Yoga Sessions:

Svatha Yoga uses slow controlled movement to perform asanas that are specially designed for you. Breathing is utilized throughout the practice to gain proper alignment of the spine as well as providing an inner focus that calms the mind and spirit.

Pilates Sessions:

Pilates is a unique and effective method for strength training that focuses on attaining core stability while providing an individualistic full-body workout. Emphasis is placed on breathing, alignment, control, and form while incorporating a mind-body connection.

Your instructor will use the latest and most innovative techniques to establish a customized experience just for you. A private, intimate and comfortable space is designed to help you experience a fantastic workout.

<u>Packages</u>	
Orientation – 1 session	\$15
Package I – 3 sessions	\$60
Package II – 6 sessions	\$114
Package III – 12 sessions	\$216

*Non-Rec Center Members must purchase a guest pass in conjunction with their package. Guest visits must minimally equal the number of session in the purchased package. Instructor acts as guest sponsor.