

Private Yoga Sessions with Lindsay

Traditionally, yoga was taught individually, one on one, for thousands of years. Ancient yogis understood that everyone is unique and has specific needs, goals and lifestyle requirements. Private yoga sessions cater to each individual, meeting the student where they are physically, mentally and spiritually. If you are working with an injury or illness, private yoga instruction is an invaluable alternative modality to compliment your healing process in a safe and effective way. All of the attention is focused on you, creating a safe space for growth and healing. Whether you want to gain more flexibility, build strength, increase relaxation or create positive change in your life, one on one sessions are a great way to begin or sustain your personal journey.

Sessions may include but are not limited to:

Asana (Physical postures/movement)

Pranayama (Breath control)

Pratyahara (Controlling the 5 senses)

Dharana (Concentration techniques)

Meditation (Controlling the fluctuations of the mind- a state of being)

Yoga Philosophy (Wisdom for your everyday life)

Styles of Yoga available:

Beginner's Yoga

Gentle Hatha Yoga

Vinyasa Yoga

Yin Yoga

Restorative Yoga

Chair Yoga

Private Yoga Sessions for Couples

Couples yoga is a wonderful way to enhance intimacy, trust, communication and lightheartedness in your relationship in a fun, engaging way. Yoga means to yoke, or to unite body, mind, breath and soul. When practicing the coordinated movement, breath and focus of yoga with your partner, a unique experience called entrainment occurs. Entrainment happens when the circadian rhythms of your body sync together creating a beautiful, harmonic experience. In this hour-long yoga session, connect to your partner on a deep level to celebrate your unique connection both on and off of the yoga mat. No experience required. All levels welcome.

About Lindsay:

Lindsay Jamison, RYT, is a certified yoga instructor and visual artist based in Philadelphia, Pennsylvania. Her mission is to empower the community with mindfulness based practices via art, yoga and meditation for healing and deep personal growth. Lindsay's journey has consisted of healing herself with these alternative modalities and is passionate about sharing these practices with others. She is currently studying to become a comprehensive Yoga Therapist (CYT) at Yoga Life Institute while building her private yoga and visual art company. She teaches group yoga and meditation classes at Mellow Massage & Yoga as well as Independence Blue Cross in Philadelphia.

Prices range from \$75-\$125 based on 60 minute or 75 minute sessions, as well as travel time to your home or office.

Private group sessions also available upon request.

Please contact Lindsay for more details.

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