

one-on-one | private yoga



private yoga (one-on-one, full-hour sessions) available for:

- ◆ beginners to gain knowledge and skill before attending a group class.
- ◆ those healing injuries or coping with a variety of health conditions.
- ◆ those seeking to deepen their practice or explore advanced poses.

1 session \$65 | 3 sessions \$190 | 5 sessions \$300

(for two: 1x\$75; 3x\$220; 5x\$360)

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(Chair/Gentle available for those with physical limitations/immunocompromised; experience with MS, myasthenia gravis, Alzheimers, cancer patients, adults 65+)

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Kati Hibjan, E-RYT 200-RYT 500

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(Beginners or more advanced, mat or chair; tailored to your needs)

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RYT-Registered Yoga Teacher, Yoga Alliance



for details on the NRH Centre yoga program

please contact the fitness coordinator at tzonker@nrhtx.com | 817.427.6613