

moon goddess yoga



Private Yoga



The Path to Decision

a guide

Private Yoga

- Section 1 Types of private yoga
- Section 2 Why Private?
- Section 3 What to Expect
- Section 4 Cost

Foreword

If you're ready to try yoga for the first time, or to take your existing practice to a new level. Read on for the pros in choosing a private practice.

Private Yoga. The Path to Decision

1. Types of Private Yoga

Private yoga comes in many forms.

- Small classes of 3 or 4 students
- Individual one on one instruction
- Yoga parties

* You can choose a small private group class consisting of 3 or 4 people. In this instance, the teacher has more opportunity to work individually with each student. There is more time for the group to focus on the complexities of practice and deepen their knowledge. Group chanting and pranayama instruction are readily understood and grasped within a small class. The teacher can work with each student to learn alignment, form and purpose. The camaraderie of a group lends itself to working with each other. Even using partners to assist each other and learn the finer points of asana.

* Individual instruction allows you to work directly with your teacher. In this practice, there is plenty of hands on assisting as well as tuning into body awareness. You will learn more about yourself than you thought possible from working one on one with your teacher!

A private class also allows you the freedom to lose self consciousness and completely enjoy the experience!

*Yoga parties have become popular in recent years. These social gatherings give you the chance to practice within a group of friends for the added benefit of group support. Although they are not held on a regular basis, it is a great way to introduce friends into the practice.

2. Why Private?

From yoga journal, here is a brief description of just one yoga pose (balasana, child's pose) and its detail:

Kneel on the floor. Touch your big toes together and sit on your heels, then separate your knees about as wide as your hips.

Exhale and lay your torso down between your thighs. Broaden your sacrum across the back of your pelvis and narrow your hip points toward the navel, so that they nestle down onto the inner thighs. Lengthen your tailbone away from the back of the pelvis while you lift the base of your skull away from the back of your neck.

Lay your hands on the floor alongside your torso, palms up, and release the fronts of your shoulders toward the floor. Feel how the weight of the front shoulders pulls the shoulder blades wide across your back.

Balasana is a resting pose. Stay anywhere from 30 seconds to a few minutes. Beginners can also use Balasana to get a taste of a deep forward bend, where the torso rests on the thighs. Stay in the pose from 1 to 3 minutes. To come up, first lengthen the front torso, and then with an inhalation lift from the tailbone as it presses down and into the pelvis.

As you can see, one very simple restorative pose has many details. During a public class, it is nearly impossible to bring in all the key points due to time. A private class lets you settle into a pose and experience all of its nuances and subtleties. Again, taking a new or existing practice to a new level. As you develop your practice, private yoga instruction will enable your awareness of the physical body as well as develop your spiritual connection, if that is a path you wish to travel.

3. What to Expect

When you are ready to engage a private practice, and in whichever setting you choose, there are some particulars you can expect from class.

- A deeper awareness of the physical body
- A new found freedom
- Deeper understanding of yoga philosophy
- New heights of practice
- A bottomless sense of self

These benefits will allow you to:

- Lose weight
- Eat better
- Improve sleep
- Gain strength and flexibility
- Enhance mobility and balance

4. Cost

Cost varies depending on the type of practice you choose.

Current costs:

Private Small Group: \$10.00 per person (5 class minimum)

Private One on One: \$65.00 per 75 minutes (5 class minimum)

Yoga Party: \$15.00 per person (includes mats, props, smoothies)

Diana Reed
13008 Agatha Lane
Spring Hill, Fl. 34609

copyright 2010