

# PRIVATE YOGA SESSIONS

We offer private yoga classes at the comfort of your home or online. Experienced yoga instructors will create a personalized class to match your needs.



***The class is all about YOU!!***



SEE THE ENTIRE UNIVERSE WITHIN YOU

## CONTACT US



Patnem, South Goa



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[oorjayiiyoga@gmail.com](mailto:oorjayiiyoga@gmail.com)

# PRIVATE YOGA SESSIONS WITH OORJAYII YOGA



***Taught by  
Khush & Sonaal***

## WHAT YOU CAN EXPECT

- Focus on personal fitness and flexibility
- Alignment and Variations as per your level
- Weekly growth plan on weekly packages
- Work around your schedule



## MIXED STYLE CLASSES

- Hatha Yoga
- Vinyasa
- Ashtanga Vinyasa
- Pilates
- Restorative & Yin
- Pranayama, Breath work & Meditation
- Various Relaxation Techniques

# ONLINE LIVE SESSION / RESIDENTIAL



## LIVE SESSIONS / RESIDENTIAL SESSIONS



## TIME AS PER YOUR TIME ZONE

Please Contact us to set a schedule as per your time zone

**Contact for Current Offers**

**1 Class - 60 mins - 10€**

**12 Classes - 60 mins + free weekly growth planner - 120€**

**18 Classes - 60 mins + free weekly growth planner - 170€**

**Plases note: Residential session charges are 5 € additional**

## THE CLASS

The classes we open is taught only by our Experienced Lead Trainers. You can choose the Trainer as per your choice of interest.

- 1** Beginners to Intermediate level
- 2** Variations are given according to individual's level
- 3** Specifically designed as per your level