

YOGA

Effective September 2022

PRIVATE SESSION

IN-STUDIO 60 Minute Sessions *(Member/Guest)*

These 60-minute customized sessions take place in Jade, Club Greenwood's spacious, relaxing, climate-controlled yoga studio. Sessions are available to both members and guests.

Single	85/95
Duo	60/70
Trio	55/65
Quad	50/60

ONLINE 60 Minute Sessions *(Member/Guest)*

These sessions allow you to enjoy personal yoga instruction from the comforts of your home. Your qualified instructor will connect with you via livestream directly to your computer or cell phone. These sessions are also available to both members and guests.

Single	85/95
Duo	60/70
Trio	55/65
Quad	50/60

IN-HOME AND CORPORATE 60 Minute Sessions

(Members only)

One of our expertly trained yoga instructors will come to your home (indoors or outdoors) for private or small group sessions. Maximum of 4 persons per session. This option is exclusive to Club Greenwood members only.

1-4	150
5-9	175
10-19	200
20+	225

GUIDED MEDITATION 15 OR 30 Minute Sessions

(Members only; 15 minute sessions are online only)

During these sessions, students will learn the basic principles of meditation while being guided into a deeper space of awareness about body, mind and breath. These sessions can be customized to address a specific need or select from one of the following topics: meditation for anxiety, meditation for better sleep, loving kindness meditation, body scan meditation.

SESSION	40/75
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Guests must purchase a Club Greenwood guest pass to enjoy the club beyond the yoga studio. Yoga private session rates are non-refundable and non-transferable. We have a 24-hour cancellation policy.

BENEFITS OF PRIVATE YOGA

- Convenient, comfortable, and designed to meet your specific needs and goals
- Comprehensive, individualized instruction with a personalized touch
- Beginners learn the basics with one on one attention to detail allowing for greater success
- More advanced practitioners will gain a greater understanding of ways in which to move their practice to the next level
- Greater attention to physical injuries or limitations

ABOUT YOUR YOGA TEAM

Club Greenwood's yoga program strives to address the needs of every individual who steps foot in our studio. Whether you are a beginner, intermediate or expert yogi, we are here to meet you where you are with your practice each day. Our yoga teacher team is comprised of highly qualified and certified instructors who genuinely care about our member's specific goals. Our team has been described as: dedicated, passionate, knowledgeable, creative, supportive, empowering, and community-oriented.

OUR YOGA PROGRAM also hosts unique workshops, programs, retreats and trainings throughout the year to help enhance your lifelong practice. Club Greenwood members can enjoy more than 40 complimentary yoga classes a week ranging in a broad variety of styles and formats:

- Hatha
- Align & Flow
- Power Flow
- Thermal Yoga
- Yin
- Restorative
- Yoga Sculpt
- Meditation
- Yoga Nidra

Club Greenwood's yoga program offers many options to help you choose the style of yoga that's best for you. We look forward to seeing you on the mat.

CONTACT

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