

INDIVIDUAL YOGA LESSONS/NUTRITIONAL COUNSELING

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Are you new to yoga or would simply like some one-on-one guidance?

Are you looking to shed some unwanted pounds?

Would you benefit from learning healthy eating habits and developing a safe yoga practice that helps you to improve your physical, spiritual, mental and emotional health?

If you answered "yes" to any of these questions, consider contacting Karen for individual yoga training and/or nutritional counseling.

A private individual session with Karen offers you the opportunity to have one-on-one personal training, guidance, and development of a safe a yoga practice through postures and adjustments to suit your basic needs and achieve correct alignment.

Whether you are a beginner yoga practitioner or experienced, these lessons will help you:

- ~ Develop a practice that is safe and customized for your needs.
- ~ Develop core strength & range of movement.
- ~ Improve flexibility of body & mind.
- ~ Learn how to go in & out of basic postures safely & comfortably.
- ~ Discover how your body feels when it's in proper alignment.
- ~ Learn various yogic breathing techniques.
- ~ Improve muscular health & build strength.
- ~ Develop healthy eating habits to achieve and/or maintain a healthy weight
- ~ Learn to ways to relax, release tension and reduce stress!

Whether you want to build strength, flexibility, increase your stamina, reduce daily stress levels, or even to lose weight...together we will customize a plan that's just right for you!

Initial consultation (free) and assessment will consist of:

- A review your health history
- Discussion of your goals and desires for your body, mind and spirit.

Should you decide to make an appointment, please come dressed in comfortable clothing, and make sure you don't have a full belly, otherwise, it can be uncomfortable. I have yoga mats, props, etc., but feel free to bring your own if you desire. **Cost for services are as follows:**

- **\$60 – Individual yoga lessons (60 min), with nutritional tips & handouts** (*Buy 5 sessions, get 1 FREE*)
- **\$35 – Personalized Nutritional/Exercise Analysis:**
Will help you set goals for nutrition and exercise, determine where you can make positive changes in your eating habits, guidance with nutritional supplements (if desired), and map out an exercise regimen that will help you achieve the goals you have set for yourself.
- **\$20 – Infrared Sauna Treatments (20 min)**
Our infrared sauna uses infrared heaters to emit infrared radiant heat which is absorbed directly into the body, unlike traditional saunas which heat the body indirectly via air or steam. The unit is a zip-style cubicle which the client sits in for a period of 10-20. The body is enclosed in the unit while the head remains outside, which is a tremendous benefit from breathing in heated air in traditional saunas.

To schedule your appointment, contact Karen at 859-992-6300 or email: lifepathyoga@yahoo.com