



PAVONINE

YOGA

Beacon and Highland Falls

Private Group and Individual Classes 2019

Pavonine Yoga is proud to serve our community, including groups and individuals seeking private classes. We can customize any class to meet your needs.

What's Included:

- Private yoga session in Pavonine's heated or unheated yoga studios in downtown Highland Falls or Beacon
 - Beacon: Each class can be comprised of up to 20 students.
 - Highland Falls: Each class can be comprised of up to 30 students.
- Free use of yoga mats, sweat towels, blocks, straps, blankets, and bolsters.

Pricing:

If your group is looking to commit to more than one class, we are happy to work with you to schedule multiple sessions to meet your needs.

<u>Package Options</u>	<u>Cost Per Class</u>
Private Class (1 person)	\$75
Private Group Class (2-5 people)	\$100
Private Group Class (6-10 people)	\$125
Private Group Class (11-15 people)	\$150
Private Group Class (16-24 people)	\$175
Private Group Class (25+ people)	\$200



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Suggested Classes:

While we suggest below some possible classes ideal for your group, we are happy to work with you to address your specific needs through the creation of custom classes.

<u>Class Name</u>	<u>Description</u>	<u>Benefits</u>
Vinyasa Level 1 Introductory (Heated or unheated)	An introduction to vinyasa flow, a movement-based practice, this class will help first timers understand basic yoga poses, transitions, and breathing. Suitable for beginners.	<ul style="list-style-type: none">● Mental clarity through breathing, movement, and focus● Increased strength, balance, and flexibility● Some cardio exercise
Yin (Unheated)	A static, grounding class focused on increased flexibility through stretching, holding poses for longer periods of time (up to several minutes), and breathing. Most poses are seated. Suitable for all levels.	<ul style="list-style-type: none">● Mental clarity through breathing, focus, and stretching● Increased flexibility
Restorative Yoga (Unheated)	A static, grounding class focused on gentle poses, breathing, physical rehabilitation, and mental focus. Restorative yoga uses the assistance of props like blocks, bolsters, straps, and blankets to support the body. Many poses are done lying down. Suitable for all levels.	<ul style="list-style-type: none">● Mental clarity and rest through breathing, focus, and gentle poses● Physical and mental restoration



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<u>Class Name</u>	<u>Description</u>	<u>Benefits</u>
Gentle Yoga (Unheated)	A static class focused on gentle poses, slow movement, breathing, and mental focus. Gentle yoga incorporates seated and standing poses but is not necessarily a movement-based, flowing practice. Suitable for all levels.	<ul style="list-style-type: none">● Mental clarity through breathing, focus, and gentle poses
Vinyasa Level 2 Intermediate (Heated or unheated)	A dynamic, movement-based class that encourages more advanced expressions of poses combined with different breathing techniques. Suitable for those with prior knowledge of yoga.	<ul style="list-style-type: none">● Mental clarity through breathing, movement, and focus● Increased strength, balance, and flexibility● Some cardio exercise
Power Vinyasa (Heated)	A rigorous, dynamic, movement-based vinyasa class with a more or less set sequence, this is a great workout demanding strength, flexibility, and cardiovascular fitness. Suitable for all levels.	<ul style="list-style-type: none">● Mental clarity through breathing, movement, and focus● Increased strength, balance, and flexibility● Some cardio exercise