

Private Yoga session with Irina:

Dear Student, Thank you for your kind interest toward my teaching and I'm very happy to welcome you on your own Yoga+ path with me.

Possible appointments:

1. Tuesday 16:45 -18:15 / 20:00-21:30 2. Thursday 19:00-20:30 3. Friday 17:30 - 19:00

What to expect:

Each session generally lasts around 90 min and is tailored to your specific needs, determined beforehand in a brief email or phone call consultation. Following our introductory session, I will provide you with a diagram outlining your practice so you have a reference to follow at home. If you need to get changed please come 5 min earlier. If you are late please let me know. Generally, I conduct private lessons in our home - studio but I am also available to travel on certain days for an extra charge, depend on traveling distance. Please contact me for more information. Our Home-Studio has Yoga mats and props like Yoga belt and Blocks, Blankets meditation cushions and changing area. I often use mix of essential biological oils healing herbal creams if needed. If you choose restorative massage session please let me know of your possible skin allergies or essence preferences. We usually talk about the financial side and regularity after the first Intro session.

What is Yoga +:

I offer to my students different mix of exercises and tools from: Ashtanga- Vinyasa- Hatha Yoga, Meditation, Breathing techniques, Personality development, Pilates, Bodywork, Back health, Antara, Postural alignments, Dance, Energy healing techniques, Nuad-Yoga massage, Thai Traditional massage which I choose intuitively during the session or in my personal meditation after our Intro session.

Formats:

- Introductory first (intro) session: 15 - 30 min Consultation + 1\* Intro class of 60-90 min. depends of amount of work. (70euro/ 60min.) Usual Intro is +/- 100 euro.

- Single Classes of 90 min. (100euro/90min)

- Regular Classes of 90 min in blocks\* of 5/10/ 20 times. (90/80/70euro)

During those blocks I offer exercises for the personal mental and physical development and introspection.

\*Blocks are assigned to a person and expire after time: 5-Block after 3 Month, 10-Block after 6 month, 20-Block after 9 month time. Let me know prior if you have financial difficulties we can chat about your comfortable price.

Tips before the Yoga class:

+ Let me know what are your goals, focus or topics you would like to work on either is from the physical, mental or emotional are of your life. Please write me a brief email with mentioned topics from your private or professional life at least 3 days prior our first Intro Session. + If you have any past or current injuries or mental / physical special conditions please let me know before the class - I will help you to adapt your practice to your best benefit. + If requested, I develop your personal home-practice programme, which is adjusted to your special needs and wishes. + For an additional fee I can record a personalized practice video.

Before the class:

+ Please DO NOT: EAT 2 Hrs before the class. If possible come freshly showered. + Avoid using strong perfumed aftershave/ scent.+ Come/ Bring in comfortable cotton t-shirt and trousers/leggings .+ Drink some water before and a lot after.

Cancelation policy:

I know how valuable your time is and I appreciate being included in your busy schedule. When you book an appointment with me, I will honour that appointment, and I hope you will too. I understand that life is sometimes unpredictable. If you need to cancel or reschedule, I need 24 hours notice or you will be billed.

Address:

22. Schuettaustrasse 50/2/5.

Looking forward to accompany you on your Yoga+ development path! Warm regards, Irina