

one-on-one | private yoga



private yoga (one-on-one, full-hour sessions) available for:

- ♦beginners to gain knowledge and skill before attending a group class.
- ♦those healing injuries or coping with a variety of health conditions.
- ♦those seeking to deepen their practice or explore advanced poses.

1 session \$65 | 3 sessions \$190 | 5 sessions \$300
(for two: 1x\$75; 3x\$220; 5x\$360)

Amy Klein

817.319.8901 | SantoshayogaofTexas@gmail.com

Jacki Beckermann

682.803.1004 | jsbeckermann@yahoo.com

Lisa Bodley

817.692.5431 | lbodley61@gmail.com

Kati Hibjan

786.516.0839 | yoga@katihibjan.com

Josh Peebles

817.733.8618 | jdpeeples@yahoo.com

Erin Preston

817.300.9281 | erinprestonryt@gmail.com

Jennifer Sloan

940.293.3532 | jenbrum@gmail.com



for details on the NRH Centre yoga program

please contact the fitness coordinator at tzonker@nrhtx.com | 817.427.6613