RATES · HOUSTON & NEIGHBORING COMMUNITIES

Yoga that comes *to you.*

Private and group yoga sessions, tailored to you. At home, outdoors, or at your event.

Come as you are. Find your flow.



One-on-one *sessions*

60 MINUTES · ALL LEVELS

Single session

$75

per 60-minute session

- Try it out or book as needed
- Personal goals check-in

MOST POPULAR

4-session pack

$270

$67.50 per session · save 10%

- Ideal for a once-a-week month
- Use within 3 months

8-session pack

$510

$63.75 per session · save 15%

- Best value for steady practice
- Use within 4 months

Packs are paid in advance and are for one person. Want to share with a partner? Ask about a **duo session**: two people, one hour, $110.

EVERY PRIVATE SESSION INCLUDES

- A plan built around your goals: strength, flexibility, stress relief or rest
- Breathwork and a short guided meditation to close
- A simple practice to take home between sessions
- Options for every pose, from gentle to strong
- Injury-aware modifications for every body
- A curated playlist, or silence, as you prefer

Specialties: vinyasa flow · kids & tweens (3–12) · meditation & mental wellness · private celebrations

1 Reach out

Text or email with what you're looking for and a few dates that work.

2 We plan

A quick chat about your goals, any injuries, and the space.

3 You practice

I arrive a few minutes early, set up, and you simply show up on your mat.

RYT-200 CorePower Yoga NYC · **RCYT** children's yoga · **CPR/AED** adult & pediatric · **Fully insured**

Yamuna *Yoga & Meditation*

YAMUNAYOGA.COM

Groups & *specialty classes*

CELEBRATIONS · PROGRAMS · WORKSHOPS

Up to 6 people 60-minute private celebrations: friends and family	$200
Each additional person Up to 15 people total (15 people = $380)	+$20
Larger celebrations · Corporate & Hospitality 16+ guests; companies, hotels, resorts, spas and centers	Custom quote
Community Wellness HOAs, neighborhoods and recurring community programs	By inquiry
Kids & Tween Yoga Little Yogis 3–5 · Kids Yoga Club 6–8 · Tween Yoga 9–12	By inquiry
Postnatal Yoga Private or small-group sessions	By inquiry
Meditation & Mental Wellness Guided sessions, circles and personal-growth workshops	By inquiry

BACHELORETTES · BIRTHDAYS · GIRLS' WEEKENDS · FAMILY REUNIONS

Mats & *props*

Bring your own Mat, towel and water bottle	Free
Mat rental	$5 / person
Blocks & strap set	$3 / person
Full kit Mat, blocks & strap	$7 / person

Good to know

Cancellations: free to reschedule with 24+ hours' notice. Later cancellations and no-shows are charged in full (or count as a used session from a pack).

Travel: free within 15 miles of Spring, Texas; $1 per mile beyond.

Referrals: refer a friend who books, and you both get $10 off your next session.

Book with *Sasha*

Text or email with your date, location and group size, and I'll confirm within a day.

sashayamunayoga@gmail.com · 914-522-9364 (call or text)
Instagram @yamunainflow · yamunayoga.com

Scan to book