**WHY PRIVATE YOGA SESSIONS COULD BE WHAT YOUR BODY NEEDS**



Working closely on a one-to-one basis helps to clarify and deepen your yoga practice, and may be more appropriate if you are beginning yoga, don’t like working in a class situation, or have specific needs – such as rehabilitation of an injury. If you have up to two friends who would like to join you that are fine too, as long as you have adequate space.

During your private tuition, you can choose to focus on whichever aspect of yoga you choose. Whether you’re looking to learn the basics to give you confidence to join a class, or to develop strength and ease in more challenging positions, Janet can tailor your session to help you really enjoy yoga and relax into it.

Reasons to take private yoga lessons:
1. New to yoga
New students often feel overwhelmed in a group class, and can benefit immensely from receiving an instructor’s complete attention. Working one to one will help you develop a clear understanding of the yoga poses and breathing techniques, rather than getting lost when the speed of a group class is too much.

2. Increase strength, and flexibility –
In a one-to-one yoga class, I will select poses which are appropriate to your needs and experience, so that you develop a safe, intelligent and nourishing practice. The private tuition helps you to push towards reaching the full expression of a pose, but using aids when this may not yet be appropriate, and may put you at risk of injury, or discomfort. Working 1:1, I will be right beside you, helping you to balance your ambitions with your experience and abilities, offering assistance and gentle guidance as your skills develop.

3. Busy schedules
One to one yoga classes conveniently fit your schedule. Many people are just too busy to get in the car or on public transport and then practice yoga for an hour (or more) at the studio, then travel back home again … that leaves you anything but relaxed. I will come to your home at a time that is convenient for you and design a class specifically for you.

4. Your needs come first
Private yoga classes are customised to fit your specific needs, focusing on therapeutic benefits for injuries, restorative benefits for stress or emotional situations, and helping you work towards specific goals.