

Private Yoga Instruction

A practice just for you



Private yoga instruction is a great way to kick-start or fine-tune your practice. One-on-one time with a skilled instructor at One Tree Yoga allows you to focus on the practice or pose of your choice, giving you the opportunity to work on the little details that make a big difference. Whether you're an athlete or you sit at a desk all day, you've likely got some tricky, sticky areas in need of attention. Private instruction is a smart way to rehabilitate and rejuvenate. If you've got neck, shoulder, hip, knee, or low back troubles, private sessions afford you the time and expertise of our therapeutic instructors to help you work out the kinks. You will feel the difference when you return to large-class practice.

Sessions start at \$75 per hour

Contact info@onetreeyoga.com to schedule yours today