

## Deeply personalized private sessions with Marney Coulter, RYT and IYT

Whether you are want to **build strength from an injury or illness**, you are ready to **take your practice to a deeper level**, you want to **integrate your body's healing and awareness** further into your life or you are just starting out and would prefer a **private session before attending a class** – **Personalised JUST FOR YOU** sessions are designed around your body, mind, heart and spirit.

**Private classes go beyond just yoga!** Based on your needs, your individualize class or program may include, intention setting, wellness coaching, yoga practice, meditation, Yoga Nidra, yoga therapy, reiki, holistic massage and breathing exercises. You do not need to have prior yoga experience. The classes can be gentle, nurturing, energizing, vigorous, rejuvenating — they are for you.

**So, whether your goals are to learn yoga, deepen your practice, lose weight, increase flexibility, reduce stress, improve sleep, help with a life transition or for any other reason, I will partner with you to bridge your journey of healing and discovery.**

In a private session, you will...

- Identify specific areas to focus your attention and energy on.
- Learn specific poses, exercises, or techniques to meet your particular needs
- Learn to practice poses safely with support
- Learn breathing techniques to bring energy, calmness, and balance to your life
- Learn to meditate or deepen your meditation practice
- Enhance your mind-body awareness
- Enhance your flexibility, strength and stability
- Improve your posture, and confidence
- Improve your balance and stabilization skills
- Strengthen your immune, circulatory, skeletal and muscular system
- Reduce your stress, tension, depression and anxiety
- Receive individual attention
- Receive client directed coaching
- You will feel more vital, centered, awake and engaged.

### **Every Personalized Program starts with a Discovery Session.**

The Discovery Session is designed to provide the foundation for the journey. Included in the session is an intake form that asks that you identify where you are at, what is most important to you and your personal healing or health goals. This provides a tremendous amount of insight and clarity for our work to begin. Following receipt of your intake form, you will receive a 15-minute phone consultation to connect and discuss you and your goals. Following, you will receive a 90 minutes **session at Yoga by the Sea** that includes a HOME PRACTICE created just for you. A summary of your session and

any additional resources is emailed to you and you receive a 15-minute follow up call at a pre-arranged time to answer any questions that come up. Total cost for the Discovery Session: \$225.

Following your Discovery Session, if desired, you have the option to continue our work together with one of the following programs that best suit your needs:

**ReFresh Wellness Program:**

**6 Week Program**

**Includes 3 one-hour sessions, every other week**

**Bi-Weekly follow up support, through 15-minute phone call**

**\$255**

**Journey to Wellness Program:**

**10 Week Program**

**Includes 5 one-hour sessions, every other week**

**Bi-Weekly follow up support, through 15-minute phone call**

**\$400**

Please [send us an email](#), book online or call the studio at [604-989-2382](tel:604-989-2382) to arrange a session.