

# PRIVATE YOGA CLASSES

WENDY MILLYARD YOGA



Practice from the  
comfort of your own  
designated yoga  
space

No commuting,  
parking or petrol  
expenses

Personalised attention,  
specific to your body, at  
your own pace

# BENEFITS OF PRIVATE YOGA CLASSES

## WHY PRIVATE YOGA?

Private yoga sessions are a fantastic way to explore certain aspects of yoga in more detail, complement your existing practice and work more closely with any specific issues, injuries, therapeutic concerns and areas of interest.

I am available for private yoga classes with individuals, couples or small groups, either online (via Zoom) and in person, in the comfort of your own home or office, the beach, anywhere!

Some of the many benefits of private yoga sessions are:

- **Convenience:** the perfect way to practice if you are unable to attend a class. Practice at a time that fits with your schedule and your lifestyle;
- This **personalised** way of working together allows time and space for questions and the opportunity to bring a tailored approach to your yoga practice;
- Develop **effective, safe technique** with **personal feedback** and **hands-on guidance**;
- Sessions move at **your pace** and keep you on track with your goals, **even if your goal is to REST!**
- Help with developing your **own home practice**.





## PRAISE FROM MY PRIVATE CLIENTS

Regular **restorative yoga** with Wendy (a perceptive and instructive teacher, even on Zoom) has given me **better sleep**, a broader perspective and **sense of peace** during this time of upheaval and greater trust in myself....so much rush and data in my days that it's lovely to relax and enjoy the opposite; a different part of my brain switches on. I think anyone who feels they could use a bit more **rest or serenity** would benefit immensely.

**Kate**

When Wendy teaches yoga, you realise **how much more yoga actually is**. The way she teaches makes you much more interested in yoga as a practice, and yet it still feels connected to the biomechanics & musculoskeletal elements of different types of exercise, which makes it feel really **complementary to the other things I do**. I couldn't recommend her enough and you won't regret signing up to classes with her!

**Kathryn**

Wendy taught my husband & I **at our home** for 9 months. Although we had quite different needs and experience, Wendy was able to **cater for both of us** as well as any one of our 3 children who may happen to wander in & join at any time. She has a flexible approach & **adapted our sessions** according to whatever aches, pains & injuries we had that week! I think Wendy is an exceptional person and a wonderful teacher. Her continually smiling eyes and impish manner are utterly engaging; she will be very much missed!

**Jemma, London**



## PRIVATE FEE SCHEDULE



### **In Person Classes**

\$145 per single class/ \$220 for 2 ppl  
\$700 for 5 classes/ \$980 for 5 classes/2 ppl  
\$1350 for 10 classes/ \$1800 for 10 classes/2 ppl

### **Virtual Classes**

\$120 per single class  
\$575 for 5 classes  
\$1100 for 10 classes

### **Terms and Conditions**

Classes are 75 mins.  
Packages must be purchased in advance.  
All prices are GST inclusive.  
Cancellations with less than 24hrs notice incur 50% fee.  
No-shows will forfeit the session.  
Multiple private sessions packs are valid for 6 months from date of purchase.

### **Surcharges:**

Off-sites: \$30 per session  
After 7:30pm: \$15 per session

Remember some health funds pay rebates for yoga – enquire with your own health fund.

### **QUESTIONS & BOOKING:**

[www.wendymillyard.com](http://www.wendymillyard.com)  
[wendy@wendymillyard.com](mailto:wendy@wendymillyard.com)  
Ph: 0410 947 829