



# PRIVATE YOGA LESSONS

*Private Yoga instructions is a cost effective supplement and a very useful way to practice Yoga. It is very different from group lessons. Apart from getting your teachers undivided attention you can work on overcoming your limitations in a private setting.*

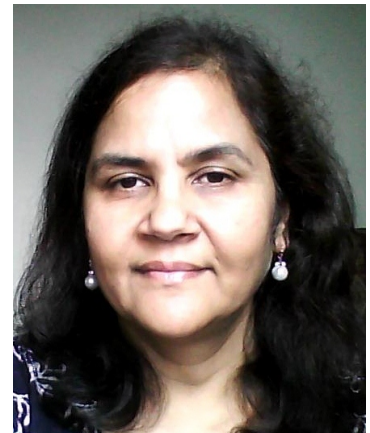
*Vartika Dubey is president and co-founder of Kaivalyadhama, USA and daughter of O.P. Tiwari MA, one of only a few authentic and true Pranayama & Hatha Yoga masters in the world alive today. She has resided and taught Yoga in the US for 22 years. She teaches Yoga in schools, Universities, hospitals, recreation centers, Yoga studios and privately. Well versed in the scientific foundation of Yoga, she lectures and gives workshops as well.*

*A private practice with Vartika includes a no obligation free 15 min consultation in which you and your teacher will discuss your personal goals. After each lesson you get a written practice plan and strategy on how to make your practice consistent and fun. Vartika guides you through the practice so you leave familiar with how to practice on your own safely and effectively.*

*Vartika works one-on-one with students with a variety of needs:*

- stress management • sports performance • menopause • arthritis*
- infertility • cancer recovery • chronic fatigue • stress from family issues*

*Private yoga lessons is most effective when done in a series of at least 6 sessions. Many students have a workable plan after 6 sessions. Others prefer to continue working one on one with Vartika indefinitely.*



**BALANCE IS JUST A BREATH AWAY!**

*Call for your free consultation...607.624.6587*