

OFFERINGS AT THRIVE

Explore all paths of your yoga practice

Dissolve fear or frustration of specific asanas

Integrate meditation into your daily living

Savor personal in-class adjustments

Help heal your body

Private sessions at Thrive Yoga are tailored to fit your unique needs in a one-on-one environment with a qualified Thrive Yoga teacher.

To make an appointment or learn more about our private session offerings please call

(301) 294-9642 or e-mail

privates@thriveyoga.com



THRIVE YOGA

1321 Rockville Pike,
Rockville, Maryland, 20852

301-294-YOGA (9642)
WWW.THRIVEYOGA.COM



THRIVE YOGA

INDIVIDUAL AND GROUP SESSIONS

Individual Private Yoga Sessions

In-class Individual Sessions

Individual & Private Meditation Sessions

Yoga Therapy

Healthy Eating Coaching

Thai Yoga Massage Session

Nada Yoga

Yoga Party

thriveyoga

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INDIVIDUAL AND PRIVATE SESSIONS



INDIVIDUAL PRIVATE SESSIONS

Seeking to learn headstand? Frustrated with a pose? One-on-one or small group sessions will allow you to experience a tailored practice with personal attention. In these sessions you will work on specific postures or fears associated with postures and move deeper into your practice in a supportive environment. Students will explore their practice on all levels and focus on alignment to eliminate unnecessary tension in poses.

IN CLASS INDIVIDUAL SESSIONS

Do you just LOVE hands-on adjustments? In the class environment, you are guided in each movement with hands-on assistance. A Thrive teacher will help you deepen your practice, ease into poses, release fears, and support you in unsteady moments. Designed to help the student release practice habits that prevent deeper healing.

PRIVATE MEDITATION SESSIONS

Hatha Yoga is often thought of as a series of postures, but the postures are meant to prepare us for the journey of meditation. Together, the student and teacher select meditation techniques according to the student's experience and lifestyle. Students can explore meditation and use the tools outside of the private setting or choose to meditate on a regular basis with the teacher.

HEALTHY EATING COACHING

Struggling with eating habits? Want to garner more energy from your intake of food? In these sessions, you will work with a personal coach to discover what your eating patterns are and explore their development. With your coach, you will identify unhealthy patterns and learn how to implement and sustain change.

THAI YOGA MASSAGE

Increase circulation, release back tension, relax your nervous system and open your range of motion through Thai Yoga Massage. This massage combines energy work, assisted yoga stretching and acupressure work to bring balance to your body and mind. The massage is performed on a mat on the floor. Dress in comfortable yoga clothes. (offered as of November 2007)

YOGA THERAPY

Do you have a medical condition that you are managing? Is stress or insomnia affecting your daily living? Yoga Therapy engages yoga as a therapeutic means to manage chronic conditions, recover from physical injury, or reduce the effects of everyday stress or insomnia. During the initial consultation, your symptoms, history and current treatment, if any, will be reviewed, and a personalized program will be defined. Sessions will include follow-up on progress; customized practice; Thai yoga massage and restorative asanas; and creation of a realistic home practice.

SOUND HEALING—NADA YOGA

Discover your authentic voice and improve all forms of vocalization including every day communication, public speaking or performance. The Yoga of Sound (Nada Yoga) combines a guided exploration of breath, sensation, sound and vibration to release tension and create an open channel for your true voice. Anyone can benefit from Nada Yoga. No previous yoga experience required.

YOGA PARTY

Having a special birthday? Getting married? Having a baby? Any occasion is special when we give the gift of health. Book a yoga party for any occasion.

Individual Private Sessions

\$95 & up / 60 minutes
\$135 & up/ 90 minutes

2 People.....\$120/60 minutes
3 People.....\$135/60 minutes

In class individual sessions.....\$65 / class
Private meditation sessions.....\$40 / 30 minutes
\$65 / 60 minutes

Healthy eating coaching.....\$150 / 60 minutes
\$600 / package of 5

Thai yoga massage.....\$85 / 60 minutes
\$100 / 90 minutes

Yoga therapy \$100 / 60 minutes
\$125 / 75 minutes
\$150 / 90 minutes
\$40 / Initial 30-minute consultation

Sound healing—Nada Yoga.....\$120 / 60 minutes
\$525 / package of 5

Yoga party.....Pricing provided upon request

PRICES EFFECTIVE April 3, 2008

