

The Ananda Package



Ananda is the Sanskrit word for bliss. Do you seek the blissful feeling yoga can bring? Create or go deeper into a yoga and meditation practice, then learn how to support your practice through better health. Are you ready to take it to the next level?

Included each month (one session per week):

- 2 Private Yoga sessions – 60 minutes each*
- 1 Health Coaching session – 45 minutes*
- 1 Soul session – 30 minutes*

Total commitment - \$200 per month

** Would you like to explore ananda as a pair? Add a second person for \$100*

