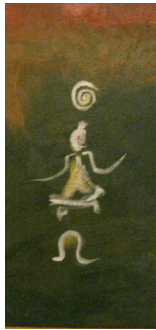


yoga party!



Remember Tupperware Parties? Why not get a group of friends together and replace the tupperware with a fun yoga class! It's **free for the host** as a thanks for being the organizer, and I'll work with you to create an environment and practice that's perfect for the group. Go the whole nine yards with relaxing music, aromas, candles, and group balancing & partner poses.

class ideas:

- **gentle relaxation:** gentle stretching and peaceful poses, ending with a meditation.
- **yoga flowga:** connect the body to breath in a series of flowing poses.
- **yoga for artists:** open the body and clear the mind to allow space for creativity. End with 20-30 minutes of journal writing, painting, or drawing.
- **yoga for stress/meditation:** guided awareness of the body through breath, imagery, and simple restorative poses to open the heart and mind.

It's **\$15 per person**, with a minimum of 6 people – the same price as going to a yoga studio, except this time, the yoga studio is coming to you! Feel free to also contact me about **private one-to-one, business, or kid classes**.

more party ideas:

- have a spa day with facials, manicures, pedicures, and massages.
- bring potluck brunch, lunch, or dinner – or better yet, have food catered.
- host it around your favorite TV show or rent a chick flick movie.
- do a secret Santa gift exchange – no need to wait for X-mas or birthdays.