

PRIVATE YOGA SAMPLER



Intrigued by yoga but not sure what method is right for you? Let a private instructor explain the basic principles and match your goals with a yoga workout that is right for you. Stretch your mind and your body as you explore a variety of invigorating and energizing poses that strengthen muscles, improve concentration, and reduce stress.

- Learn effective breathing techniques and poses from an advanced yogi
- Experiment with different yoga disciplines such as Hatha, Ashtanga, and Iyengar
- Feel calm and refreshed at the end of the session
- Includes 2 weeks of any one class offered by studio

Your Gift Locations*

Houston, TX

Availability

Year round, 7 days a week

Duration

1 hour

Essential Information

Minimum age is 16 years old

Numbers

Private experience for 1



*GIFTS ARE REGIONALLY BASED. PLEASE VISIT WWW.EXCITATIONS.COM/REDEEM FOR THE LATEST LOCATION LISTINGS • ED01-12-3390-A