

## PRIVATE YOGA SAMPLER • IN HOME



Intrigued by yoga but not sure what method is right for you? Let an instructor explain the basic principles and match your goals with a private 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 Lyengar
- Feel calm and refreshed at the end of the session
- Includes use of mats and water

### Your Gift Locations\*

At Your Home in Lake Tahoe area

### Availability

Year round, 7 days a week

### Duration

1.5 hours

### Essential Information

Not suitable for pregnant women; participants must complete a liability waiver

### Numbers

Private experience for 1



\*GIFTS ARE REGIONALLY BASED. PLEASE VISIT [WWW.EXCITATIONS.COM/REDEEM](http://WWW.EXCITATIONS.COM/REDEEM) FOR THE LATEST LOCATION LISTINGS • ED01-05-3833-A