



*Learn to follow your  
bliss the right way,  
on your own unique  
personal journey.*

## About me

I have been a Yoga practitioner for over seven years and gained my 200 hours yoga teaching accreditation in July 2020. I have further training in different types of yoga, including Yin & Yoga Nidra. I have previously trained in Tai Chi, Qi Gong and have over nine years experience in meditation practices.



## Contact

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One to One Yoga Teaching



## Why choose one to one yoga teaching?

Although group classes are a great way to connect with other yogis, One to one Yoga teaching can help you to elevate your yoga to the next level. Taking a bespoke, tailored approach to your yoga practice, Frananda Yoga One to One yoga teaching can help you to attain greater levels of flexibility, boost your confidence, ability and learn to connect to your practice on a deeper level.

## Who is this suitable for?

Anyone, no matter what their experience can benefit from personal yoga teaching. Whether you're trying to learn Sun Salutations, or perfect your headstands, or simply just want to be more flexible and confident, Frananda Yoga one to one teaching can help you to achieve your goals

## Ready to find your bliss?

The first stage will be to arrange a consultation meeting (free of charge) to help you to find the right starting point. You can contact me using the details on the back of this leaflet.



Yoga is the journey of the self, through the self, to the self.

- The Bhagavad Gita



## Yoga Packages

### One-off sessions

#### Tutorial Yogi

One session  
£35

#### Bi-weekly Yogi

Two sessions over two weeks  
£65

### Weekly Sessions

#### Lunar Yogi

One Month / Four Weeks  
£130

#### Seasonal Yogi

Three Months / Twelve Weeks  
£380

#### Equinox Yogi

Six months / 24 Weeks  
£740