

Introduction to Yoga Private Sessions

with Carly Carney

Private sessions **CAN** include:

- An introduction to yoga
- Modifications to practice yoga in a class setting
- Home practice sequences and poses
- Particular aspects of yoga (inversions, balances, alignment, breathing, meditation, and relaxation)



Carly has been teaching yoga and meditation since 2002. She opened the Beverly Yoga Center in 2006 to offer a welcoming and comfortable place where

people can nurture their bodies, calm their minds and connect with their hearts. Carly has always been curious about how uncomfortable feelings, fractured relationships and difficult life circumstances can linger within us and how yoga can help us relate to these human experiences.

Carly's teaching philosophy invites students to slow down, breathe consciously, develop awareness and cultivate an inner friendliness. She is an experienced yoga teacher in many disciplines, with certifications in Hatha and Yin yoga. She is a trained Somatic Yoga Therapist; specializing in helping people reduce symptoms and suffering who experience stress, anxiety, low mood or chronic pain. The tools, practices and resources she teaches integrate the mind, body and heart. She is also an Insight Yoga teacher, which blends yoga and meditation with an exploration of the human spirit. In addition, she uses the Internal Family Systems model in her teaching. This is a therapeutic approach in self-discovery. She teaches private yoga and meditation sessions, writes a monthly blog and leads retreats around the world.

Classes are scheduled with Carly Carney,
owner of Beverly Yoga Center

Email carlycarney@mac.com or
call 773-239-9642

Personal instruction is a valuable way for students to learn yoga. Private yoga lessons are the best way to address goals and work on areas of individual interest. You can start a new practice, deepen your practice or spend time working with an injury or condition. These sessions give you the opportunity to work in a one-on-one setting and focus on your body and needs.

For new students, personal instruction allows a teacher the opportunity to focus on you and make sure you are safe in poses and in proper alignment. Personal yoga instruction will help you integrate into our ongoing classes and give you the opportunity to ask questions specific to you.

SESSION FORMAT

Each session is 60 minutes. These sessions require a 3 or 6-week commitment. The cost is \$225 for 3 private sessions or \$420 for 6 sessions. Single sessions are \$85.



*May the practice of yoga and meditation cultivate kindness,
compassion and care for your mind, body and heart.*

1917 W. 103rd Street, 2nd Floor | 773-239-9642
www.beverlyyogacenter.com