



# *For An Individual*

*“Yoga is a mind and body practice with historical origins in ancient Indian philosophy. Like other meditative movement practices used for health purposes, various styles of yoga typically combine physical postures, breathing techniques, and meditation or relaxation.” National Center for Complementary and Integrative Health*

Amy Osborne, M.A. is foremost a student of Yoga. Teaching from Experience. Sharing Wisdom.

All conversations are confidential and coaching suggestions are just that.

Clients are encouraged to honor their own self-knowledge and be open to a process of self-discovery.

Amy is available regularly by phone and e-mail to answer questions or “walk along,” as needed.

## **In Yoga Coaching and Private Sessions**

aim to relieve one or more of the following\*:

- High Stress + Adrenal Fatigue
  - Chronic Pain
- Insomnia / Sleeplessness
  - Anxiety + Depression
- Substance Abuse / Addiction
- Disordered Eating or Food Anxiety
  - IBS or other GI concerns
  - Injury or Surgery Recovery
- PTSD / ADHD / Mental Wellness (general)

*\* Results will vary depending on individual commitment and frequency of practice.*

## **Why “In Yoga”?**

The phrase “in yoga” implies a continued effort over time.

Like all things, positive changes to our health take time to integrate into our routine. Like all things, positive changes to our health take time to integrate into our routine. Originating with the concept “A Year in Yoga,” founder Amy Osborne, M.A. in Yoga Studies, believes yoga lives in all aspects of life if we choose to see it. Her own past health concerns (largely due to stress), as well as five years of immersion in yoga study and teaching, has prepared Amy to share individualized yoga to bring wellness to others.

*In Yoga Coaching + Consulting* applies traditional yoga practices to your daily routine in creative and innovative ways to best serve individuals’ needs and reach clients’ expressed goals. The benefits of yoga are understood and researched now more than ever. Experience how yoga, meditation and mindfulness techniques support overall health for yourself.



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Three Options for Individual Clients:

## **A Year in Yoga**

*Option to include 200 Registered Teacher Training (RYT) Credential,  
request for more info*

### **Includes:**

6 week Foundations Video Series Download (2 hours each)  
Bi Weekly On-site, Phone or Video Check-In's  
Custom Practice or "Sadhana"  
*Custom regular practice designed to meet your specific needs*  
Journal Entries  
*to monitor and measure progress*  
Video Feedback (up to 12 videos)  
*adjust and modify your practice as things arise in your life*

First 3 Clients (First Dibs): \$1,999 / year  
Then: \$2,999

6 months In Yoga: \$1,499 / 6 months  
*\*Flexible payment plans available*

## **Private Session (1 hour)**

\$65 per session, on-site or remote

## **In Yoga Series**

4 Sessions (1 hour each): \$240

10 Sessions: \$580

30 Sessions: \$1,680

***Celebrate New Freedom. Celebrate Results.***

To schedule your first session with Amy, email [info@ayearinyoga.com](mailto:info@ayearinyoga.com) or [click here](#).