Chelsea Private Yoga Offers Personal Yoga Classes

September 18, 2019

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Chelsea Private Yoga, based in Chelsea, Michigan, is a provider of personal and private yoga classes in Chelsea and surrounding areas. The classes are provided by yoga instructor Catrina Holland who offers one-on-one instruction. When she started, she just provided private yoga sessions in Michigan for individuals and couples. These are usually held in her studio in downtown Chelsea. In addition, she can also go to the home of those who are really busy can have no time to go to the studio.

Catrina Holland herself says, ?Private yoga sessions let us work closely together so I can guide you through a truly unique body-mind experience. Our studio in Chelsea is ideal for those who want to have their yoga practice in a classic studio setting.?

She continues, ?This will give you your own professionally-set-up, private studio space to work in. You will also have the option to use studio equipment such as mats, blankets, blocks, etc.?

Group yoga sessions are also possible for family and friends. Catrina will create a yoga practice that will be compatible with the specific needs and interests of the group. The group yoga session can be held in the Chelsea studio, which is capable of accommodating up to six students. The group yoga sessions will also include the use of any props and mats that are required.

And for those who prefer it, on-site group yoga sessions can also be provided. Up to six students can also be accommodated. Group private yoga has been observed to be suitable for special occasions, holidays, events, and many more.

Catrina Holland says, ?And for those who say, ?I am searching for an instructor for private yoga near me who can handle a session for employees,? we also offer private yoga for the purpose of enhancing employee wellness.? She provides on-site yoga classes for business enterprises who want to invest in their employees. Regular yoga practice for employees can provide them with energy, natural stress relief, and mindfulness, resulting in a more productive and balanced individual and team. Her employee wellness private yoga sessions are ideal for all levels, whether they are beginners or advanced yogis.

She is scheduled to hold small group yoga classes every Monday form 6:30 pm to 7:30 pm, from October 14 to December 16, 2019. Hatha yoga is suitable for beginners or for anyone who desires to unwind at the end of the day. Hatha yoga is designed to balance the body and mind by gradually increasing the individual?s flexibility and strength. The Hatha yoga class will include breath work and physical postures to calm the mind and help the person relax in preparation for meditation. Students finish a class with a feeling of bliss. A maximum of 6 students can attend the class, which is held once a week for 10 weeks.

The Vinyasa yoga class will be held every Saturday, from 9:45 am to 10:45 am, from October 19 to December 21, 2019. Vinyasa is made up of a continuous flow of postures, with each movement connected with breath in order to create a complete body-mind experience. These movements increase flexibility and strength, which in turn increases the individual?s overall health and harmony. Students feel balanced and calm after every Vinyasa yoga session. A maximum of six students will be allowed to attend the class, which will also be held once a week for a duration of 10 weeks.

Catrina Holland has been practicing yoga for more than 8 years. She is certified through the Yoga Alliance as a RYT 200. She completed her yoga teacher training at Spirit Rising in Brighton, Michigan. Nevertheless, she points out that she will forever be a student of the practice as she loves learning new things everyday. Her teaching style is authentic, goal oriented, and non-judgmental. Her goal is for her students to feel balanced, refreshed and nourished after every session.

Those who are interested in personal yoga sessions can check out the Chelsea Private Yoga website or contact Catrina Holland through the phone or via email.

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