



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SPIRIT MIND & BODY

## PRIVATE YOGA

**Let us help you achieve your goals!**

During your private yoga sessions, the instructor will help you dig deep into the specific areas you want to work on. Whether you want to relieve stress with breathwork and meditation, fine tune your alignment in certain postures, or learn how to move in a flow, our skilled instructor will work with you. Whether you have shoulder issues, low back pain, tight hamstrings, or you want to increase flexibility, private yoga can help you target those specific areas of concern by helping you develop a practice tailored to you and your needs.

One-On-One Sessions	Time	Member	Non-Member
Single Session	60 Mins	\$55.00	\$75.00
3- 1:1 Session Package	60 Mins	\$150.00	\$205.00
6- 1:1 Session Package	60 Mins	\$300.00	\$405.00
Partner Yoga Packages	Time	Member	Non-Member
Single Session Partner (2 max)	60 Mins	\$40/person	\$60/person
3- Session Partner (2 max)	60 Mins	\$120/person	\$160/person
6- Session Partner (2 max)	60 Mins	\$204/person	\$306/person



## Instructor Tam Thull



Once you register with the Fergus Falls YMCA, a Yoga Instructor will contact you to set up times that work best for you and your trainer. They will meet with you to understand your goals and create a plan that fits your needs. Questions? Contact us at 218-739-4489 ext. 205



Date: \_\_\_\_\_  
Paid: YES or NO  
Initials: \_\_\_\_\_

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Name: \_\_\_\_\_

Member \_\_\_\_\_ Non-Member \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Under 18 Name: \_\_\_\_\_ Age: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Preferred time of training sessions:  Early morning  Morning  Afternoon  Evening

Other information or considerations to be aware of: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## PRIVATE YOGA

Packages must be paid in full prior to session. Single sessions will expire thirty days after purchase date. Packages will expire four months after purchase date. Packages may not be modified and are non-transferable and non-refundable. 24 hour cancellation policy for all scheduled sessions. Regardless of start time, session will end at the scheduled time. Purchasers of group packages for max 2 individuals may substitute another Y member in place of their absence. Medical clearance is required.

## INFORMED CONSENT and WAIVER OF LIABILITY

In consideration of the YMCA accepting this registration, I, for myself, and/or the minor (s) for whom I am signing, release and forever discharge the Fergus Falls Area Family YMCA and all connected with the YMCA, of and from any and all rights, claims, demands, and actions of any and every nature whatsoever, for any and all loss, damage, injuries sustained by me or my property, or by the minor(s) for whom I am signing on his/her property at any time. I declare that the above minor (s) is/are physically sound and medically approved to participate in the activities of the YMCA. I authorize use of any and all photographs taken of my children with the YMCA or on YMCA related trips to be used for the publicity of the YMCA, facility and programs.

## PAYMENTS/CANCELLATIONS

Payments must be made at the time of registration, prior to participation in program. Cancellations must be within 24 hours of the start date of the program.

Print Name of Participant: \_\_\_\_\_

Signature of participant or guardian \_\_\_\_\_

Date: \_\_\_\_\_

Questions? Call: 739-4489 ext. 205