

Special  
bolsters,  
blankets &  
blocks provided  
for each  
training.



For more information contact  
Kim Gottlieb at (216) 831-0700  
ext. 1365  
[kgottlieb@mandeljcc.org](mailto:kgottlieb@mandeljcc.org).



26001 S. Woodland Road, Beachwood  
[mandeljcc.org/yoga](http://mandeljcc.org/yoga)

NEW

# Private & Semi-Private Yoga Training

for all levels of fitness!



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## Benefits of Private or Small Group Yoga Training at The J

Yoga is a body-centered practice of ancient postures and breathing techniques designed to increase flexibility, improve muscle strength and endurance while balancing your mind, body and spirit.

Private or small group training sessions at The J will allow you to learn proper Yoga postures and alignment, improve your practice with hands-on assistance or help with injury and post-rehab recovery.

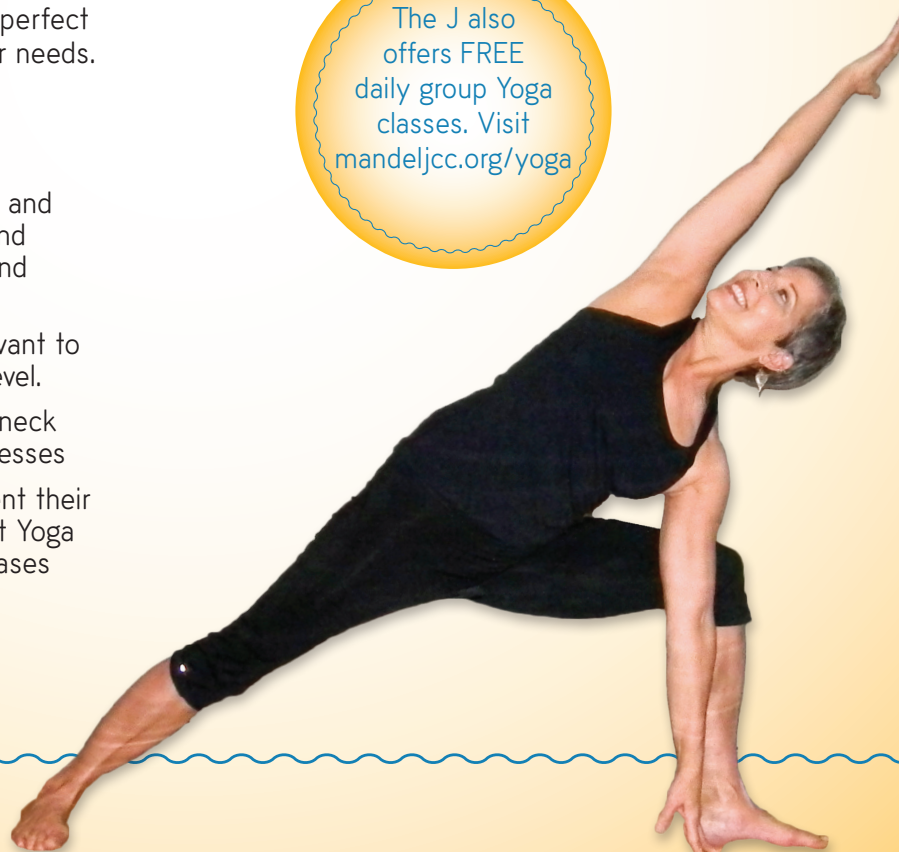
The J's highly-trained and certified Yoga instructors will create the perfect training session to meet all your needs.

### Who Can Benefit:

- People who are new to Yoga and want to learn the postures and correct alignment in a safe and supportive environment
- Experienced students who want to take their skills to the next level.
- Those with injuries, back or neck pain, arthritis and chronic illnesses
- Anyone looking to supplement their cardio workouts will find that Yoga strengthens, tones and increases flexibility
- EVERYONE!

Private or small group training classes are forming now and can include: Prenatal Yoga, Yoga for new moms, Yoga for cancer survivors, Men's Yoga, Yoga for a Healthy Back, Couples Yoga, Restorative Yoga, Inversions and more! Yoga training is for ages 13 and up. Training sessions are subject to instructor and room availability.

**FOR INFORMATION OR TO REGISTER:**  
**Contact Kim Gottlieb at (216) 831-0700 ext. 1365 or [kgottlieb@mandeljcc.org](mailto:kgottlieb@mandeljcc.org).**



## YOGA ONE-ON-ONE AND SMALL GROUP TRAINING FEES

All sessions are one hour in length.

### Private Training (1 participant)

	TOTAL	PER SESSION FEE
1 Session	\$65	\$65
3 Sessions	\$180	\$60
6 Sessions	\$360	\$60
12 Sessions	\$672	\$56

### Semi-Private Training (2 participants)

	PER PERSON PER SESSION	PER PERSON
1 Session	\$50	\$50
6 Sessions	\$270	\$45
12 Sessions	\$480	\$40

**Small Group Training (3-6 participants):**  
 \$30 per person per session.



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