

Benefits of a Private Practice

One-on-One instruction can improve the yoga practice of any student – all it takes is finding the right teacher with the right experience to develop the right practice.

By Julie Phillips-Turner, RYT, AYS



The idea of private yoga instruction has been around for centuries, as gurus and their students studied closely together to pass along traditions and lineages of the yoga practice we have today.

Although these days, most people may only know a yoga practice from the crowded classes they attend at their local studio or gym – leaving little time for personal instruction for the student.

The fact is that a private yoga class can improve the practice of any level of student, from the first time beginner to the advanced student – all it takes is finding the right teacher with the right skills to develop the right practice.

What are the benefits of private yoga lessons? Like any private tutor or coach, they can help you become better or even just get you on the path to understanding the lessons.

Beginner's benefits.

Beginners often seek out private yoga classes to get them started so that they can confidently attend group classes knowing a bit more of what to expect. With a private teacher, beginners also might learn some of the limitations or misalignments their bodies may have, and how modifications or props can help.

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Healing through yoga therapy.

Yoga is not just for toning muscles and losing weight – it helps to heal the mind, body and spirit. There are a number of different yoga modalities that can alleviate or lessen symptoms and improve the quality of life for those suffering – mentally or physically. Yoga for Cancer, scoliosis, PTSD, physical injuries, insomnia, arthritis and many other health conditions, can be helped with yoga practice.

Not all yoga teachers have a background in every symptom or disease, therefore, it's important to find someone who has had training in a specific area of need in order to develop a personalized practice.

Take your practice to the next level.

Having trouble with sirasana or lifting into bakasana? How many practitioners wish they could keep the teacher all to themselves during class to figure out how to get into the pose when everyone else has it figured out? A private teacher who knows how to guide a student into a pose, or build strength towards accessing stronger practice is a great solution for intermediate or advanced students.

Since not all classes can address individual needs, finding a guru to lead a student to the next level – whether it

be asana or a practice based on more meditation techniques is important.

Fit your practice into your schedule.

Whether its work, family or travel, most people have busy schedules that don't allow for the classes they need at convenient times or locations. By booking a private class, the lessons can be conveniently held at a location and time that work.

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Get your game on.

It's no secret that yoga has helped many professional athletes and teams improve their performance. A private yoga teacher is just as important as a good coach. From golf to football, there are many teachers who specialize in teaching athletes to help improve their game.

Know before you go.

Before starting a private yoga class, it's best to determine what area needs improvement. Most teachers will give an evaluation to be sure they understand the student's needs and history. However, it's also important to ask the teacher what their background is so that you know they have the knowledge and training to help you improve or heal.

Pricing for private yoga sessions will vary based on many factors that include needs of the student, the training and history of the teacher, as well as the general location (i.e., New York City rates will be higher than those in a smaller town.)

To find a teacher that is right for you, check a local studio for someone who is qualified, or ask for recommendations. There are also a number of online resources such as Yogaalliance.com, Yogaclinks.com, YogaTrail.com and Thumbtack.com that can help you find teachers in your area that match your needs.

Julie is available for private classes - individuals and groups. Training includes Yoga for Cancer, Yoga for Arthritis and is a certified Ayurvedic Yoga Specialist. Contact: Julie@chesapeakeyoga.com