

# Yoga

## Private and Group Training

Yoga combines strengthening, breathing, and relaxation to help you get fit, de-stress, and experience a higher quality of life.



### *Yoga can help you:*

- Tone your muscles, increase your flexibility & strengthen your core
- Recover from injury and illness, manage chronic pain & ease back issues
- Reduce your stress and improve the quality of your sleep
- Improve your focus, concentration & mental clarity

#### **Private Yoga Individual 60-minute sessions**

\$80 per session

\$450 package of 6 (save \$30)

\$700 package of 10 (save \$100)

#### **Buddy Yoga (2 participants, 60 minute sessions)**

\$50 per person

6 pack - \$285 per person (save \$15)

10 pack - \$450 per person (save \$50)

For more information or to schedule,  
please call (530) 587-3769  
or email [wellness@tfhd.com](mailto:wellness@tfhd.com)

Follow Tahoe Forest Health System!



TAHOE FOREST  
CENTER FOR HEALTH  
*A Service of Tahoe Forest Health System*

10833 Donner Pass RD, Suite #102 | Truckee, CA 96161