



SERVICES & PROGRAMS

Holistic Yoga Classes

- Teaching yoga, breathing techniques, meditation, and centering
- Classes meet once per week
- **1-time class Cost: \$125.00 (for 15 to 20 students)**
- 6-week session cost: \$600.00 (for 15 to 20 students)
- **10-week session Cost: \$1,000.00 (for 15 to 20 students)**
- Inquire about sessions of other lengths

Yoga Physical Education Curriculum

- 40 total classes
- Broken into 4 classes per week for 10 weeks, or 2 classes per week for 20 weeks
- Includes a complete set of lecture notes, daily handouts for the students, review sheets for each section, quizzes, and a final exam
- Designed to introduce students to the concepts, terms, history, and activities related to yoga
- All five (5) components of health fitness are addressed

Cost: \$5,000.00 (for up to 25 students)

Environmental Education Program

- 8-week environmental education program
- Teaching the impact our daily actions have on the environment and how to modify them
- Educating students on aspects of their local and global environment
- Includes lectures, take home projects, group projects, and field trips (programs must provide transportation)

Cost: \$2,000.00 (for 15 to 20 students)

Holistic Health Program

- 6-week holistic health program
- Teaching students about holistic health practices and the benefits of incorporating them into their lives
- Includes lectures, take home materials, projects

Cost: \$1,500.00 (for 15 to 20 students)

