

Absolute Beginners welcome!

Options can include:
Partner Yoga
Chair Yoga
Female Pelvic Wellness

www.kathleenpratt.ca



Yoga 4 the
Rest of Us with
Kathleen



**Self-Care
Special**

\$85/60 minute
private virtual yoga
class*

*individual fee - additional people extra

*Extraordinary circumstances
call for extraordinary
measures!*

*Enjoy a customized private
yoga class in the comfort of
your own home via Zoom.*

COVID-19 Special rates apply

Here's how it works:

- This time-limited offer for a private class is available to individuals (\$85), couples (\$100) or households (+\$15 each person over two). No tax is applied.
- For safety, up to two households can participate and I must be able to observe everyone on camera. *Please note: Yoga for Trauma is not available online.*
- If this is your first class with Kathleen, please complete and email a [Registration Form and Waiver](#) (click to download Word doc to your computer) for each participant. A specific [Registration Form](#) is required for Pelvic Wellness. If you have worked with me before, please confirm if there have been any changes in your health profile.
- Contact Kathleen by email or phone to book your class. Daytime, evening or weekends are available. Advance notice is required to review your registration form(s), find out your preferences and plan an appropriate class.
- Payment is required in advance by e-transfer, credit card (convenience fee applied) or [gift ecard](#) redemption. An official receipt will be emailed when payment is received.
- Kathleen will email you confirmation of a Zoom meeting and login details, in addition to specific information about your class (e.g. suggested props).
- At least 24 hours' notice is required to cancel a private class and receive a refund minus \$20 administrative fee.

As always, I offer a complimentary 15-minute consultation to discuss your specific needs/goals and how yoga can help!

Kathleen Pratt, MSW, RSW
Certified Yoga Teacher
Kathleen@kathleenpratt.ca
613-777-5207 (phone/voicemail – no text)