

CATHY WOODS YOGA

REMOTE CLASS MENU

CREATOR OF BODY, MIND, EQUINE™

Tools for creating balance in uncertain times

THE ALL IN ONE \$65 / HOUR

Reset and nurture your body, mind and spirit with this gentle yet highly beneficial session. Enjoy a gentle, complete yoga class. Suitable for any level. Session includes: Centering meditation, basic yoga postures to improve strength, balance and flexibility. Class concludes with a guided relaxation experience. Leave feeling as though, you've hit the pause button from daily life and spent quality, inward time with your whole being.

MEDITATION & BREATH INFUSION \$65 / HOUR

A perfect and soothing cocktail for the busy mind. Allow yourself to be led into a deep, relaxing, meditation experience, learn various meditation techniques that work best for your personality type. This session is infused with calming pranayama (specific yogic breathing techniques). This session will leave you feeling like, you've hit the reset button as you calm and refine your mind and nervous system.

THE YOGA OF BREATH: PRANAYAMA TECHNIQUES \$65 / HOUR

Pranayama (Yogic breathwork) is one of the 8-limbs of yoga. This ancient art of breathing patterns can induce relaxation, focus, calm, balance and/or energize. Four breathing patterns will be covered in this session: The Complete Breath, Ujjayi Breath, Kapalabhati and Alternate Nostril Breath. Leave with "tools" to help you counter balance when you are feeling imbalanced.

YOGA FOR RIDERS: GEARED FOR EQUESTRIANS \$65 / HOUR

Explore good stretches for riders on the mat to improve overall awareness, strength, balance, flexibility and focus. This session is also infused with yogic principles which apply to horsemanship from ground to saddle -- such as; collection, mindfulness, symmetry, energy and breathing awareness.

LET'S TALK PARALLELS OF YOGA & HORSEMANSHIP \$65 / HOUR

Bring your questions to a one to one discussion. Gain understanding about the parallels of yoga and horsemanship and how yogic principles can be incorporated from ground to saddle -- as referenced in Cathy's book, Yoga for Riders.

DESIGN YOUR OWN EXPERIENCE \$85 / HOUR

Listen to your inner voice about what You need.

Cathy will assist you in customizing a session to suit your current needs. From led experiences to conversations she will work to design a session to support your personal self care practice, goals of growth, and exploration.

PAID VIA PAYPAL - LIVE ZOOM SESSIONS - BY APPOINTMENT ONLY
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