

Invitation Yoga & Events



1:1 WELLNESS COACHING

2023-2024

HELLO *and* WELCOME

At Invitation Yoga & Events, we recognize that adults have busy schedules, family responsibilities, and work obligations. When time is limited, self-care often takes a back seat.

That's why with 1:1 coaching, Invitation Yoga & Events comes directly to the client. Each coaching session fits into the client's personal schedule to support them with their holistic health goals.

Our mission for 1:1 coaching is to create personalized, targeted objectives to meet physical and emotional goals, and to curate a plan of action using a variety of modalities, including yoga, breath work, guided relaxation, and sound bowls. Clients will be mentored and supported while they implement their unique plans in their day to day lives.

With 1:1 coaching, clients will feel empowered with tools to take charge of their own wellbeing and feel supported in their personal growth journeys.

Gina xoxo

Client Focus



Busy professionals who work from home or struggle with a high-stress environment



Moms with young children, pregnant mothers, or postpartum mothers who strive for wellness and stress management without the complexities of childcare



Individuals with complex health histories who need assistance understanding how to meet their wellness goals while avoiding contraindications



Women struggling with symptoms of depression or anxiety who struggle to leave the home to attend a group class and need accountability that is not provided in an online setting



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1:1 Wellness Coaching Components



20 minute phone consultation to discuss wellness goals and health history

Uniquely tailored yoga sequence(s), mindfulness practices, and/or ayurvedic practices based on goals

Video, picture, or audio references of recommended practices

60 minutes of in-home coaching on recommended practices



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1:1 *Package Options*

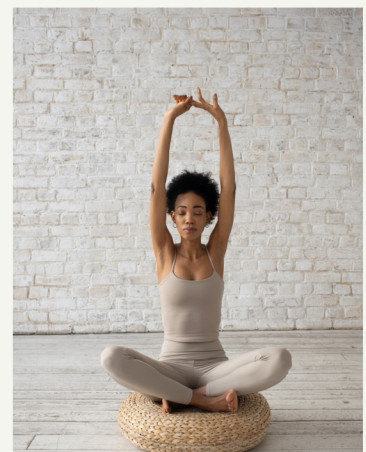
Single Session

Perfect for the self-motivated client, the single session option includes all of the 1:1 wellness coaching components to provide a clear plan of action to reach their personal goals.



Weekly Session

Ideal for the client who prefers a dynamic program that utilizes a variety of modalities, this package includes a weekly 60 minute 1:1 coaching session to help with accountability, pose integrity, and form. This package also includes access to Voxer, an online voice app, so clients may ask questions about their personalized program between in-person sessions.

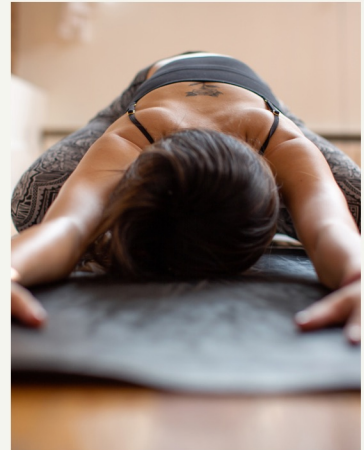


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1:1 *Package Options*

Bi-Monthly Check-in

For clients who enjoy periodic check-ins, this wellness plan includes two 60 minute sessions per month to review client progress, support them through challenges, and delve more deeply into recommended modalities.



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Wellness Modalities

Yoga Asanas

During 1:1 wellness coaching, yoga poses are mindfully selected to address specific health objectives which are unique to the individual client. Poses not only help with flexibility and management of bodily discomfort, but they can also aid in making relaxation more accessible, managing symptoms of depression and anxiety, and increasing strength.



Ayurveda

According to Vedic tradition, Ayurveda is a sister science of yoga which focuses on working with an individual's unique dosha, or the ratio of certain functional energies in the body. Typically, people fall into three categories: Pitta, Vata, or Kapha, indicated by a variety of Gunas, or qualities. When a dosha is out of balance, various lifestyle habits and choices can pacify different elements so a person can feel back in balance.



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Wellness Modalities

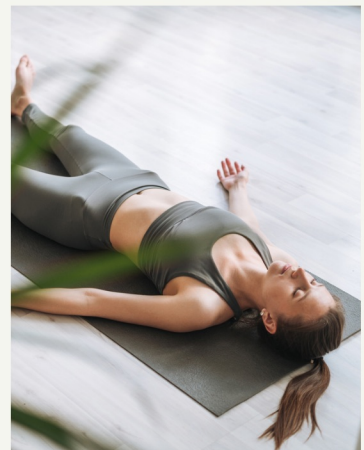
Sound Bath with Quartz Crystal Bowls

During a sound bath, the facilitator guides clients in a relaxation through sound. Participants are encouraged to find a comfortable position. People may use props such as eye coverings, blankets, bolsters, or pillows for added comfort. During that time, the facilitator uses a special mallet to “play” the crystal bowls, hitting them gently and then dragging the mallet around the edge of the bowl to extend and expand the sound. Each bowl is tuned to a unique Hertz frequency. The frequencies are said to align with different energy points in the body to encourage optimal energetic flow.



Guided Imagery for Personal Growth

In guided relaxation, also known as guided imagery, the facilitator leads the clients through a positive visualization, guiding them to envision various scenarios in their mind's eye. They may be asked to explore the setting they are imagining and answer questions for themselves along the way to allow participants to get in touch with their own inner knowing. Journaling or discussion between client and facilitator after the experience provides a way to deepen self-understanding and awareness.

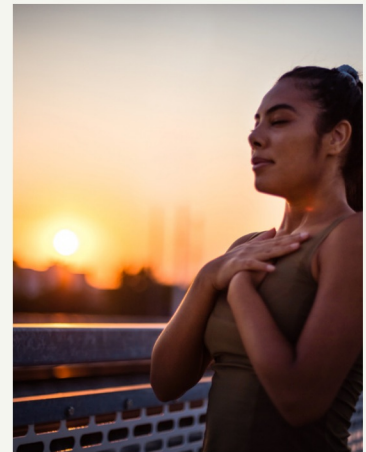


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Signature Relaxation Methods

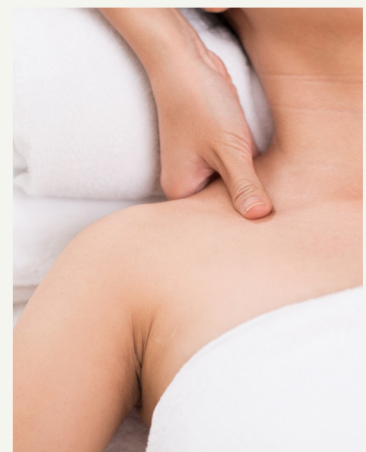
Breathwork Coaching

Breathwork coaching teaches down regulation and grounding techniques to keep clients level-headed through all the ups and downs of day-to-day life. Breathing techniques are practiced during moments of calm to encourage their utilization when emotions are high.



Extended Relaxation with Hands-On Assist

Extended relaxation with hands-on assist is the ultimate relaxation experience after a yoga sequence. Clients rest in a comfortable position while the facilitator provides gentle, hands-on pressure to areas of the body such as the shoulders, ankles, forearms, and calves. Gentle facial and occipital touch is incorporated with the option for essential oils to create a full body experience.



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Pricing



*60 minute single session
with 20 minute phone consultation*



*60 minute weekly or bi-monthly session
with 20 minute one-time phone consultation
when paid in full for one month or more (\$70/session)*



Frequently Asked Questions

Q1. How much open space do I need for my session?

Clients do not need very much space for 1:1 wellness coaching. Ideally, there will be enough room for at least one yoga mat and a least one usable wall or door available. Sessions can take place at the client's home or business.

Q2. What props or materials do I need?

Please have a yoga mat available to use. Additional materials, such as a block or strap, will be provided on an as-needed basis.

Q3. I have young children at home. Do I need a sitter?

You are welcome to keep your children with you during coaching, with the understanding that interruptions will naturally occur, and experiences may be interrupted.

Q4. I have pets at home. Are there any special accommodations needed for them?

We are a pet-friendly company and will happily lead a wellness coaching session with pets around. We do recommend keeping pets in a separate space during certain experiences, particularly if they may jump or bark, to reduce distraction and eliminate the risk of injury.

Q5. What is the cancelation policy?

For non-emergency situations, please provide at least 48 hours notice when canceling a session. Every effort will be made to reschedule. If another time is not an option, the client will be refunded for that session. In the event of a cancelation less than 48 hours in advance for non-emergency situations, the clients will be refunded 50% of the total cost of the session.

ABOUT US

Contact Details

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Services and pricing guide

