



# Invitation Yoga & Events

COUPLES SERVICES AND PRICING GUIDE

2023-2024

ABOUT US

# *Our Mission for Couples*

*At Invitation Yoga & Events, we want to celebrate you and the one you love. Whether you are celebrating an engagement, anniversary, birthday, or just want a unique date night, Invitation Yoga & Events is here to make your experience one you'll never forget.*

*Our mission for couples is to help them express love for one another through yoga and mindfulness by tapping into all of the love languages: physical touch, quality time, words of affirmation, acts of service, and gifts.*

*Couples will spend time pouring love and energy into their connection and walk away with a relationship that feels nourished.*

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*Services and pricing guide*

## WHAT TO EXPECT

# *Our 5 step process*

01

### *Submit the interest form on our website*

This form allows you to personalize your yoga experience, relaxation method, and add-ons or a la carte options. You will also request an event date, share the purpose of your event, and estimate the number of guests in attendance.

02

### *Complimentary 30 min phone consultation*

Schedule your phone consultation to co-create your event. Share your vision, budget, and special requests in more detail. Brainstorm venue options, if needed.

03

### *Receive your invoice and secure your date*

After receiving your detailed invoice, secure your date by paying a 50% non-refundable deposit and signing the invoice and required waivers. Payment may be made via Zelle, Apple Pay, PayPal, or most major credit cards. No personal checks are accepted.

04

### *Secure your venue*

Invitation Yoga & Events offers the flexibility to bring a personalized yoga experience to any indoor or outdoor venue of your choice. Venue costs are not included in the event packages and can be as simple as your living room or as luxurious as a private rental home, depending on your unique budget. If you need help finding or securing a venue option, Invitation Yoga & Events is happy to help.

05

### *Watch your dream event come to life*

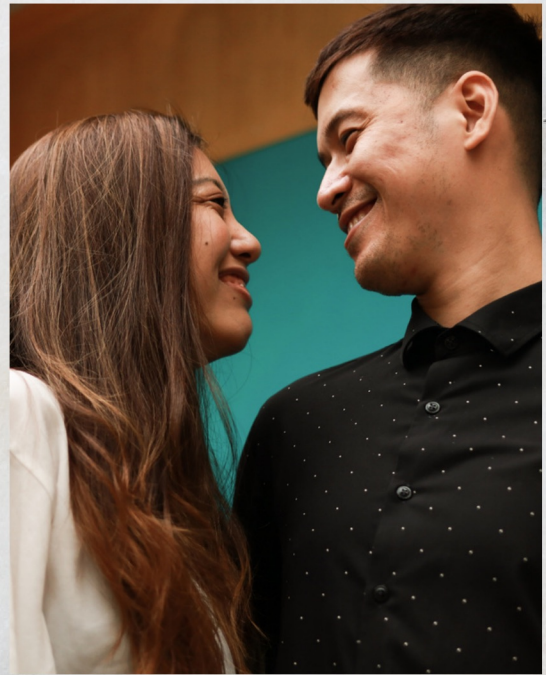
Approximately one week before the special day, Invitation Yoga & Events will contact you to ensure all parts of the event are planned to meet and exceed the desired vision. On the day of the event, expect the facilitator to arrive at least 30 minutes before start time to set up. During this time, the facilitator will review the choices indicated on the package invoice, and the final payment will be made.

SERVICES & PACKAGES

# Base Packages

All base packages for couples include 60 minutes of yoga and an additional relaxation method of the client's choosing.

Artistic make and take add-ons, as well as a la carte items, are also available to create a full event experience.



## Base Packages

*Private couples session*

**\$150**

*For small groups, up to 10 people*

**\$250**

*For mid-sized groups, up to 20 people*

**\$350**

*For larger groups, up to 50 people*

**\$450**

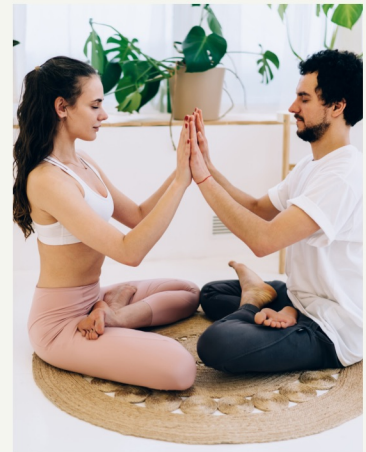
*For groups larger than 50, contact for pricing.*

## SERVICES & PACKAGES

# Signature Yoga Styles

### *Partner Pose Yoga*

Partner yoga sequences are specially designed for couples to connect through physical touch. Couples will depend on one another for balancing, support, and deepening stretches. These sequences enhance communication, eye contact, and trust. Partner yoga can be designed as a romantic private session or as a lighthearted couples date experience.



### *High Energy Couples Yoga*

This side-by-side yoga style is perfect for couples who want to get their hearts pumping together. Poses are done individually on separate mats, and couples link each breath to their movements, creating a synchronized flow.

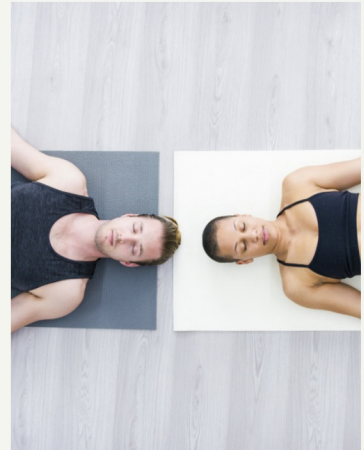


## SERVICES & PACKAGES

# Signature Yoga Styles

### *Restorative Yoga for Couples*

In this slow flow style, couples enter into poses side-by-side on separate mats. Poses are restorative and are held for several breath cycles. Each movement is designed for partners to enter deeply into relaxation together.



### *Prenatal Yoga for Couples*

Pregnancy and after birth can feel like an isolating time when parents are metamorphosing into new family roles. Reconnect and rekindle the spark with your significant other through a variety of safe and effective partner yoga poses. Participants physically support one another, guide each other to gently deepen their stretches, and tune in to their partner's needs and feelings. Couples Prenatal Yoga can be facilitated privately or with a group of couples.



## SERVICES & PACKAGES

# *Signature Relaxation Methods*

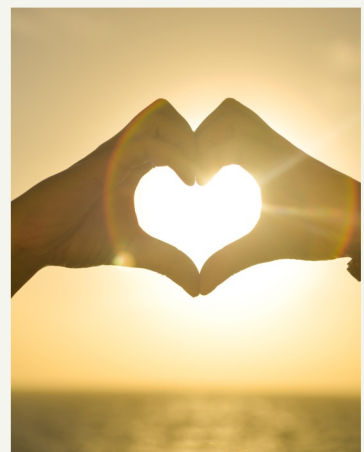
### *Sound Bath with Quartz Crystal Bowls*

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 Relationship 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. Discussion between couples after the experience provides a way to deepen communication, foster appreciation and gratitude for one another, and create a shared path forward in the relationship.

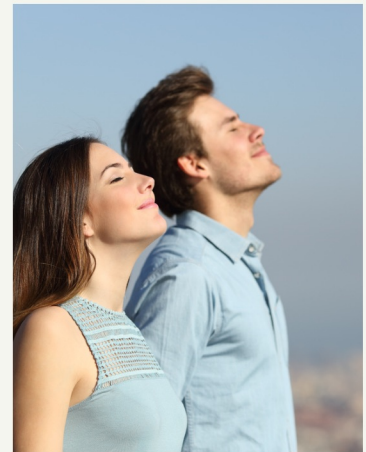


## SERVICES & PACKAGES

# *Signature Relaxation Methods*

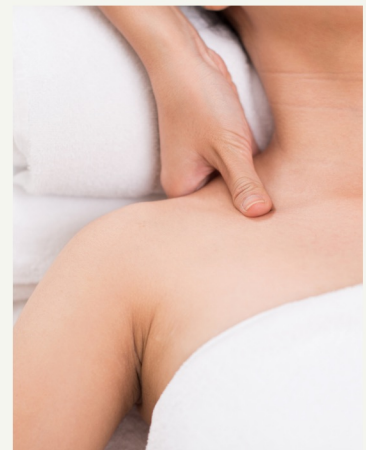
### *Breathwork Coaching*

Breathwork coaching for couples teaches down regulation and grounding techniques to keep partners level-headed through all the ups and downs of a committed relationship. Breathing techniques are practiced during moments of calm connection 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 aphrodisiac essential oils to create a full body experience.





## SERVICES & PACKAGES

# Package Add-ons

Cost of add-ons are calculated based on the number of attendees with the exception of a la carte options. Package add-ons are items that are created during the event. All materials and instructions are provided.

| STANDARD ADD-ONS \$                                  | PREMIUM ADD-ONS \$\$          |
|--|-------------------------------|
| <i>Couples love letter activity</i>                  | <i>Epsom salt bath shots</i>  |
| <i>3 panel watercolor couples affirmation banner</i> | <i>Aromatherapy foot soak</i> |
| <i>Body sugar scrub</i>                              | <i>Massage oil</i>            |
| <i>Date jar</i>                                      | <i>Romantic Jenga</i>         |

| DELUXE ADD-ONS \$\$\$   | A LA CARTE  |
|---|---|
| <i>Couples vision board with individual collage book per person</i> | <i>Professional photography</i> <b>\$255+</b>           |
| <i>Couples romantic wall hanging</i>                                | <i>Floral arrangement</i> <b>\$100</b>                  |
| <i>Massage candles</i>  | <i>Chocolate covered strawberries for 2</i> <b>\$20</b> |
|   | <i>Gift basket</i> <b>COST VARIES</b>                   |

SERVICES & PACKAGES

# Co-Create Your Perfect Event

## FULL CUSTOMIZATION

*Invitation Yoga & Events will work with you to design the perfect event to match any budget.*

*At Invitation Yoga & Events, we believe full customization truly brings the romance to your special day.*

*You're invited to co-create your dream experience with us, from the type of yoga experience, to the relaxation method, to the desired add-ons.*

*Through ongoing phone consultations and workshopping through shared Pinterest boards, Invitation Yoga & Events is honored and excited to plan above and beyond standard package options to make your unique vision a reality.*

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*Services and pricing guide*

