

A group of young women are hugging and celebrating outdoors. One woman on the left is laughing with her eyes closed and mouth open. Another woman in the center has her back to the camera, wearing a white top. A woman on the right is kissing her on the cheek. They are all smiling and appear to be at a social event. The background shows a building and some greenery.

Invitation Yoga & Events

GIRLS' NIGHT SERVICES AND PRICING GUIDE

2023-2024

ABOUT US

Our Mission for Friends

At Invitation Yoga & Events, we believe friendship is at the heart of what makes life beautiful. Whether you're celebrating a birthday, bachelorette party, bridal shower, or want a unique girls' night, let Invitation Yoga & Events create a one-of-a-kind experience for you and your friends.

Our mission for girls' night is to cultivate fun, laughter, and relaxation in a way that is designed to meet the unique needs and interests of your group.

Treat the people in your inner circle to a wellness experience they will never forget.

Services and pricing guide

SERVICES & PACKAGES

Base Packages

All base packages for girls' night 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 BFF 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

BFF Partner Pose Yoga

Partner yoga sequences for friends are specially designed for partners to depend on one another for balancing support and for gently deepening stretches. The sequences are light-hearted and fun and provide room to play. Partners are encouraged to spend time exploring and practicing each pose together.



High Energy Yoga

High energy yoga is an upbeat experience which will energize groups through a series of active poses, sun salutations, and linking breath to movement. These sequences are faster paced to get hearts pumping.



SERVICES & PACKAGES

Signature Yoga Styles

Restorative Yoga

Relaxing and slower paced, restorative yoga asks participants to hold poses for several minutes at a time. Stretches are often passive and done seated or supine. The overall feel is calm, peaceful, and nurturing.



Seated Stretch

Seated stretch yoga is the perfect style of yoga for small spaces. Yoga poses are done seated, standing, and on the floor, using one chair per participant for balance and support. No yoga mats are required.



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

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 friends after the experience provides a way to deepen communication, foster appreciation and gratitude for one another, and express trust.

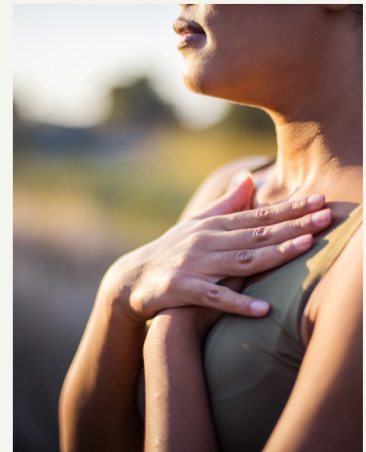


SERVICES & PACKAGES

Signature Relaxation Methods

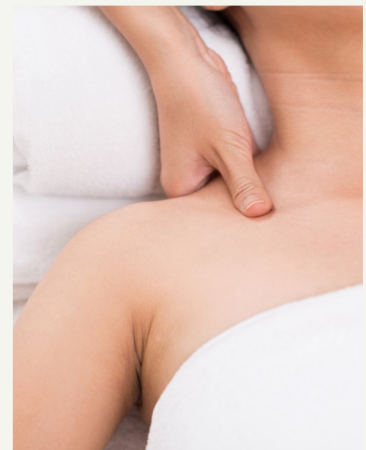
Breathwork Coaching

Breathwork coaching for girls' night teaches specific breathing techniques to manage stress and generate a calm mind. Methods shared during coaching are easily transferable to practice outside the session, so friends can walk away with new self-care techniques to use in their day-to-day lives.



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 relaxing 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 \$
<i>Beeswax candle making</i>
<i>3 panel watercolor affirmation banner</i>
<i>Body sugar scrub</i>
<i>Smudge sticks</i>

PREMIUM ADD-ONS \$\$
<i>Epsom salt bath shots</i>
<i>Aromatherapy foot soak</i>
<i>Vision board</i>
<i>Oyster shell jewelry dish</i>

DELUXE ADD-ONS \$\$\$
<i>Vision board with individual collage book per person</i>
<i>Mala beads</i>
<i>Crystal terrariums</i>
<i>Fresh flower crowns</i>

A LA CARTE	
<i>Professional photography</i>	\$255+
<i>Floral arrangement</i>	\$100
<i>Personalized guest book</i>	\$80
<i>Gift baskets</i>	COST VARIES

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 magic 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.