



The Bo Tree

Private Yoga Lessons



There are a variety of reasons people choose to take private yoga lessons, including

1. People new to yoga: A private session is an excellent way for those new to yoga to learn alignment specific to their body and to help become familiar with poses prior to joining a public class.
2. People who want to speed healing from injury.
3. People with specific needs or purposes, such as improving posture, stress reduction, relief from headaches
4. Those unable to attend a public class, or wanting help in setting up a home practice.

Instructors

Debbie Eernisse, RYT, is a 2005 graduate of The Bo Tree's Yoga Teacher Training Program, and is currently enrolled in the 2009 Bo Tree program with Dennis Eagan. She has a B.A. in Psychology and a minor in Adult Development and Aging from UC Davis. Debbie is also a Certified Occupational Therapy Assistant, PFT Personal Fitness Trainer, and APFT Aquatic Personal Fitness Trainer. She has been teaching group fitness classes for 15 years. Debbie believes in the power of healing through movement. Her yoga classes focus on intelligent stretching sequences to improve balance, reduce pain and increase strength and flexibility. She especially likes working with beginners and people with physical limitations. In her private life she enjoys eating fresh local foods, making green choices, riding her bike to work, dancing and being mom to 2 teenagers.

Karen Gettelman is a graduate of the Bo Tree's 2008 teacher training program, and is enrolled in the 2009 training with Dennis Eagan. Karen took her first yoga class in 1990 and has explored a wide variety of styles and teachers. Her understanding of the body and movement is shaped by her eclectic background. She has studied dance, including ballet, jazz and modern, and has taught Pilates extensively in many places. Karen received her BA in biology (genetics & development) from Cornell University in 1988, and her MA in biological anthropology (with a specialization in skeletal anthropology) from Indiana University in 1997. Her outside minor in anatomy (including gross and microscopic) for her graduate degree was completed through

Indiana University's medical school. She has taught undergraduate courses in human anatomy, biological anthropology and archaeology. Her interest in movement and body awareness has led her to delve into a variety of disciplines, such as Franklin Technique, Tae Kwon Do, and most recently Feldenkrais. Her non-bodywork interests include studying Japanese, and spending time with her daughter.

Rates

Private single session rates are as follows. (Also available are 45-min or 1-1/2 hour classes. If you are interested in duration other than one hour, please ask for rates). Sessions are held at The Bo Tree studio located at 817 Fourth Street in downtown Davis. For private lessons at your home in Davis, add \$10. For private lessons within ½ hour of Davis, add \$25.

Private session (1 person): \$75
Semi-private (2 persons): \$85
Small groups (3-9): \$100
Groups (10 and up): (\$100 plus \$5 per student over 10)
Senior and student discounts are available.

Packages:

Four private sessions in 1 month: \$260 (\$65 each - save \$40)
Ten private sessions in 6 months \$600 (\$60 each – save \$150)

Written Customized Routine:

For an additional \$15, your customized routine will be e-mailed to you for use in your home practice.

Contact

Please contact Debbie at 530-220-0168 or Karen at 530 758-5797 to schedule your private yoga session.

Benefits of Yoga

Physical (Body)

- Posture improves
- Increases strength and tones muscles
- Endurance increases
- Energy level increases
- Weight normalizes
- Sleep improves
- Immunity increases
- Promotes flexibility, especially in the spine
- Creates energy - improved glandular functioning and deep relaxation leaves one refreshed
- Rejuvenates, diminishes tension and teaches relaxation
- Improves circulation
- Increases awareness of the body
- Helps alleviate back pain and other physical pains

Mental (Mind)

- Counteracts stress
- Improves concentration
- Provides emotional stability
- Promotes a feeling of peace
- Calms and disciplines the mind
- Gives control over emotions, particularly anger
- Promotes a positive happy attitude
- Overall Health - a consistent and positive state of well being is experienced when the body and mind are balanced

Spiritual (Spirit)

- Wisdom
- Freedom
- Integration