

Yoga 1 on 1 Personal Training



Bring your Mind, Body and Spirit into natural harmony. The focus is on stretching, breathing and postures to bring a sense of renewed vitality.

The benefits of yoga are:

- Improves respiration, energy, and tone
- Increased muscle strength and tone
- Maintains a balanced metabolism
- Improves athletic performance
- Improves circulatory health
- Reduces stress
- Increased flexibility

Yoga Personal Training



Both 1 hour sessions and 30 minute sessions are available.



Expert instructors available to guide students through beginner to advanced level training.



Visit our website or membership desk for personal training pricing. Reduced pricing for packages. Payment is made at the membership desk.



Contact Alicia O'Connor at oconnora@musc.edu or 843-792-1494.

Private yoga training offers the opportunity to focus on specific goals by receiving a personalized yoga routine that considers injuries, muscular imbalances, flexibility, strength, meditation and other wellness goals of the client. The personalized yoga program can be practiced at home which can accelerate improvements in the client's yoga practice. Private instruction for beginner or advanced students can allow one to take their yoga practice to the next level.