

***SAMPLE***

***EVENT***

***PACKAGE***

# GIRL POWER YOGA



## FLOW OF THE CLASS

Set-Up + Check-in

Warm-Ups

Sun Salutations

Vinyasa Warrior Flow

Partner and Group Poses

Guided Savassana

Mantra + Closing Circle

Craft/Creative Activity\*

## CRAFT OPTIONS\*\*

Worry Dolls

Journals

DIY Yoga Mat Strap

DIY Sleep Mask

DIY Essential Oils



\* Depending on what craft you would like the group to do, this may change the order of the class.

\*\*Craft options are limited based on the length of the class, and number of students participating.



# CRAFTS



- **Worry Dolls (Ages 4+)**

- Worry Dolls originated from Guatemala! Yogis can tell their worries to their worry dolls and then put them under their pillow, trusting their dolls to take on their worries for the night so they can relax and get a restful, worry-free sleep.

- **Journals (Ages 8+)**

- We'll decorate the cover of our journals, and then fill the first page with our favorite mantras!

- **DIY Sleep Mask (Ages 8+)**

- Weighted masks are fabric sleep masks with rice or pebbles inside them to create weight against the pressure points around the eyes and face, which make them great for stress and even better for headaches and migraines. Adding essential oils goes the extra mile and helps with sleep, stress and relaxation.

- **DIY Yoga Mat Strap (Ages 10+)**

- No sewing machine? No problem! You can make a yoga mat strap out of a variety of different materials – but this one will be made out of macramé!

- **DIY Essential Oils (Ages 10+)**

- These essential oil sprays will be all-natural, and customizable in different ways to match the mood, or the season . Essential oil sprays are popular, but many of them are aerosol and contain a huge list of unpronounceable ingredients. These sprays are made using essential oils, Witch Hazel and distilled water and can easily be recreated at home when they run out!

**That's not all! Interested in creating something else together? Let me know!**

# FAQ'S

- **Is the class "hard"? Will everyone be able to do it?**

I make sure to tailor every class to the needs of the group. While every lesson plan is beginner friendly, there are modifications for all poses (to either increase difficulty or provide more support!)

- **How does the crafting portion of the class work?**

I will provide, prepare, set-up, and clean up all crafts and crafting materials. Based on the craft you decide for your group, we may do this at the beginning, in the middle, or at the end of class. Every yogi will leave the event with a tangible memory of our time together, which serves as a perfect substitute to goody bags, prizes, etc.

- **Do the students need to bring anything?**

Depending on the size of the group, I may try to give every yogi their own mat from my own supply (up to 5 mats) and/or encourage those that have one at home to bring theirs to class. If it's a large group however, I will ask that no one bring a mat in the effort to conserve space and ensure that no one is left out.



# PRICING

## BASE PAY

Determined based on class length .

1 Hour	\$75
1.5 Hours	\$100
2 Hours	\$125

## CRAFT FEES

**Based on a class of 2-10 yogis. A class with more than 10 students will face an additional craft fee per yogi.**

Worry Dolls	\$30, additional \$4/yogi
Journals	\$30, additional \$4/yogi
DIY Yoga Mat Strap	\$40, additional \$5/yogi
DIY Sleep Mask	\$40, additional \$5/yogi
DIY Essential Oils	\$50, additional \$6/yogi