

Yoga Offerings

Gustav Moen Therapies is pleased to offer somatic therapy through yoga.

- Yin
- Restorative
- Vinyasa
- Prenatal

Private classes provide specific and responsive targeting of your individual patterns of constriction for deeper and more impactful releases.

Individualized instruction allows for vulnerable expression and somatic therapy, encouraging quicker and longer-lasting results. A private yoga therapy session allows for you to learn how to engage in yoga from an experienced yoga professional, tailoring the sequence of postures, duration in each posture, and the targeted breakdown of postures to your specific needs. This is an empowering step in building your own at-home yoga practice for continued growth and healing.

- \$50 30-minute yoga therapy
- \$100 60-minute yoga therapy
- \$150 90-minute yoga therapy

