

The Clinic

AT BLACK DOG YOGA

A focused, therapeutic approach
to wellness through yoga



We understand that nothing can be more frustrating than pain, discomfort or tension during your yoga practice. Sometimes the answer lies in a direct analysis of the poses and how they manifest in your body.

The Clinic at Black Dog Yoga has been created to provide the opportunity for you to take a focused, therapeutic approach to your practice by working 1-on-1 with an instructor at a financially accessible rate.

What It Is

30 minute private sessions with an instructor to pinpoint the issue and try to create an on-going approach to strengthen and open your body to allow for healing. Sessions are by appointment only and available early mornings, mid-day and limited evening times.

Pricing

Sessions start at \$45 per 30 minute session
Packages start at \$195 for a series of 5

For more information and to book an appointment, please go to our website and click on **The Clinic** at Black Dog Yoga or email theclinic@blackdogyoga.com



an eclectic mix of hatha yoga

Black Dog Yoga 4454 Van Nuys Blvd. Ste 206,
Sherman Oaks, CA 91403. Detailed directions
can be found at our website. Abundant
long-term and free parking.

818.380.0331
www.blackdogyoga.com