

# Having a party? Let us be your host!

Looking for a fun and unique party for your family and friends? Remember Organic when you plan your next event! Bring the gang over for an extra special experience: a birthday, bridal shower, team building activity, girls' night out, girl scouts... Our cozy space is the perfect place for a group yoga class, book club, team meeting or women's circle. If you're including a yoga class, our teachers will cater the style, theme and level to your group so that everyone leaves feeling great! We can accommodate from 6 to 20 guests. Want yoga offsite? We'll come to you!

#### **Room Rental**

#### What's Included?

- Room rental and use of amenities (no yoga)
- Private use of the studio, kitchenette, and lounge
- Early access for set up hosts can arrive 20 minutes in advance to prepare the space

## **Booking Information**

- \$50/hour plus \$25 cleaning fee
- \$100 refundable deposit to book the room and cover damages, etc.

# Booking Information • \$16/person with a

What's Included?

• \$16/person with a 6 person minimum

• Room rental and use of all amenities

style (see class descriptions below)

• \$100 refundable deposit to book the room and cover damages, etc.

**Private Group Yoga Class** 

• A private 75 minute yoga class for 6-20 quests

led by one of our OY teachers - you choose the

## **Private Yoga Party for Adults**

#### What's Included?

- Private Group Yoga Class (60-75 minute class for ages 16+)
- Early access for set up hosts can arrive 20 minutes in advance to prepare the space

## Booking Information

- \$225 for 6-12 quests
- \$25 cleaning fee \$100 refundable deposit to book the room and cover damages, etc.

# **Private Yoga Party for Children**

#### What's Included?

- Private Group Yoga Class (45-60 minute class appropriate for age group)
- Early access for set up hosts can arrive 20 minutes in advance to prepare the space

## **Booking Information**

- \$275 for 6-12 quests
- \$25 cleaning fee \$100 refundable deposit to book the room and cover damages, etc.

Email bryce@organicyogastudio.com for more information or to request a date for your group!

# **Styles for Yoga Classes**

Choose any style of yoga for your private class:

- Banyan Flow: a faster paced vinyasa (movement linked with breath) class
- Yin Yang Flow: begins with a relaxing, deep stretch and ends with a flow
- Mellow Flow: a slower vinyasa style class
- Power Flow: a vinyasa class that focuses on strength
- <u>Slow+Simple</u>: beginner friendly with no flowing
- Flow & Restore: a gentle seated flow followed by 45 minutes of relaxing restorative yoga
- Restorative: a grounded, gentle class that includes guided relaxation and breathing
- Yin Yoga: a meditative practice that exercises the connective tissues of the body
- <u>Chakra Vinyasa</u>: a flow class that works to balance the seven energy centers of the body
- <u>Prenatal & Postnatal</u>: for mommas during and after pregnancy
- Mother & Daughter: a mother-daughter class that focuses on playful bonding
- Children's Yoga: yoga through games and storytelling for children
- Teen Yoga: sequence and themes designed specifically for teenage yogis
- <u>Chair Yoga</u>: an accessible style of yoga that uses chairs to support those with limited mobility or injuries
- More detailed class descriptions on our website: www.organicyogastudio.com

# **Optional Add On Services**

- Optional Add On Services for Private Yoga Parties:
  - Add \$50 for additional hour of studio time
  - Add \$50 for additional 5 quests
  - Add \$100+ for the Banyan Bash: We'll arrange all of the food and drinks for your event. Choose from pizza, veggie or fruit platter, and cookies or cake for dessert.

#### **Additional Information**

- If you are renting the room to teach a class of your own (yoga or other movement modality), you must submit proof of your Professional Liability Insurance plus two additional insured certificates. Please contact us for more information.