

Private Yoga Sessions

with certified yoga teacher and mentor
Colleen Millen

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You deserve individual attention that only a private session can offer! Treat yourself to an experience of yoga that will connect you to your authentic self. I will modify your session to address your physical and mental health concerns. You will learn how to use yoga to stay injury-free. Your session will connect you with strength, breath, integrity and spirit.

Rates ...

- **Single private:** 1 session for \$100 (1-hour, 10 min. session).
- **Single private package:** 5 sessions for \$450 or 10 sessions for \$800

For groups of two or more, email info@bluebuddhyoga.com for session fees.

- Payment is required at time appointment is made. Please inquire about Blue Buddha Yoga's ability to take credit card payments.
- Blue Buddha Yoga enforces a strict cancellation/reschedule policy: minimum **24-hour notice** required for credit.
- All paid sessions expire one year from date of purchase.

About Colleen ...

My intention in teaching is to create a safe place for students to explore their truth. My adult classes and private sessions feature Forrest Yoga (www.forrestyoga.com) that uses "intense pose sequences, compassionately taught, to develop skills in awakening each of the senses." Class sequences can be modified appropriately to challenge all level of students. I believe yoga can be an incredible process of self-compassion and spirit, a relationship I cultivate in all my classes. Through Forrest Yoga and Bioenergetics therapy, I have met my spirit and have made peace with my experience of depression. I created Blue Buddha Yoga while in Chicago to reflect my interest in bringing yoga to those who deal with depression and other emotional issues and have taught yoga for emotional health and depression classes in Chicago and Dallas. Through these classes, it is my hope that students will learn to brighten and make their depression one of their life's greatest teachers. Since my initial certification in 2000, I have been continually inspired by Forrest Yoga. In 2006, I was delighted to practice with Ana Forrest during a 10-day advanced teacher training. This June, I co-authored - with Ana and other senior Forrest Yoga teachers - Forrest Yoga's first mentoring program. I continue to assist Ana at her workshops and teacher trainings. I also enjoy teaching prenatal and postnatal yoga. In 2006, I earned my Mamaste Yoga prenatal teaching certification and Let's Play Yoga certification, as well as completing supplemental study in postnatal yoga through Samatva Yoga.



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