

Sara Varona Yoga

saravaronayoga@gmail.com

561-504-0140

Welcome Book

Yoga

Yoga acts as a mirror. Each breath, each movement reflects to us who we are and how we are moment to moment. We look into the mirror of Yoga and see the places that need support and the places that need to open. The postures teach us about ourselves and bless us with immediate feedback. As we move deeper into the physical and mystical teaching, we become intrepid explorers mining the terrain of body, mind, and soul.

J.R.

A Little About Me

My name is Sara Varona. I am originally from Vancouver Canada.

I discovered Yoga at the ripe age of 21 during the time of perusing a professional dance career. Immediately Yoga resonated within me and I've been hooked ever since. My love of practicing and taking various Yoga classes continued to grow.

Years later I visualized myself teaching Yoga. At that point, I decided to "Go For It" and get certified. I did my teacher training on a beautiful Island in British Columbia. That experience alone changed my life immediately.

My entire life took a sharp turn. Two years ago I jumped and landed happily in Boca Raton where I have created my Yoga business.



Welcome To Sara Varona Yoga

By becoming aware of the breath, it begins to awaken and energy flows within you.

By becoming aware of your thoughts, you will use your breath, connecting body, mind and spirit, and you begin the inner journey towards stillness.

By becoming aware of your physical body, Yoga will lead you to explore unfamiliar terrain where surrender unfolds and a vastness of peace revealed.



What Will Yoga Do For You!

1. Decrease the level of stress in your life.

2. Help you sleep deeper.



3. Allow you to experience a constant flow of rhythmic breathing that will enhance your energy level.

4. Build strength and elasticity in your muscles.



5. Help to focus and calm your mind.

6. Increase your flexibility and maybe make you a little taller.

7. Improve your posture.



8. Bring you into a greater connection with your body, helping to cultivate inner stillness.

9. Most importantly, let you love everyone in your life a little more.

Types of Yoga I Teach

1. Beginner Yoga

We start off with basic postures and learn how to coordinate your breathing with the poses.

2. Advanced Yoga

For those of you have been practicing Yoga for one year or longer and have a strong foundation but want to be challenged. We'll climb to the top of the highest mountain.

3. Vinyassa Flow

Together we create a dance integrating movement and breathe. If you want to sweat and increase your physical strength. You'll become addicted to this style of Yoga. You'll be saying teach me more.

4. Restorative Yoga

A more gentle approach. We use bolsters, strap and blankets to assist you in postures. You hold the poses longer using breath work and meditation techniques to allow the body to "Let Go" in a pose. If you are tired, stressed or dealing with negative emotions, you need this. This type of Yoga allows different parts of the body to create space where there is tension. You will feel totally restored and rejuvenated.

5. Rehabilitation Yoga

What ever your physical problem is. Yoga can help heal you. Back pain, bad knees or an injured neck... I create a sequence of

postures specific to what is happening in your body. We begin slow and gentle, progressing and deepening the postures as your body recovers and is ready to go to the next level.

6. Kids Yoga (Ages 2-10)

Just pure fun and games. Your child will learn Yoga poses, become more aware of how to move their bodies. Yoga will help to focus their mind, relax their bodies and let them use their creative energy.

7. Partner's Yoga

A wonderful way to connect with your partner, or just your good buddy. I come and give a session to both of you. We explore postures that you do together allowing the breath to be the guiding force. This is a great way to reconnect with your partner or get them loving Yoga. It is also a loving gift for any special occasion. Example: Valentine's Day, Birthdays, etc.

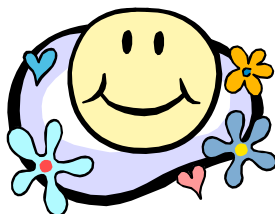
8. Move and Groove Yoga

For anyone who loves to dance. You must try this. I put on a varied collection of music and we flow through Yoga postures, exploring free form movement and combining a structured dance flow sequence of postures. You'll love it.

Whatever you are a basic beginner or an advanced Yoga student; I tailor your private session to what your needs and desires are. As part of your session, I integrate breath work, mediation and chanting. However, people are attached to Yoga for different reasons. If all you want to learn are Yoga postures, then that's what I'll teach you. I am here to give you exactly what you want.

Benefits of Working Privately With Me Is

1. I get to know your body.
2. I take you to places beyond what you think your ability is.
3. I do a lot of physical adjustments “It feels soooo good and allows you to go deeper into a posture.”
4. I challenge you to go beyond your comfort zone, guiding you through your limitations to reach further places.
5. I bring various props to modify or enhance certain postures.
6. I design a Yoga session with your individual outcomes in mind.
7. Most importantly... We have lots of fun together!



What To Expect In A Yoga Session With Sara

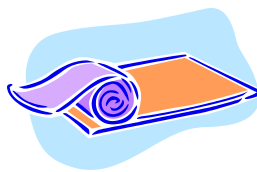
1. I come to your home or office.
2. You wear comfortable clothing.
3. I'll bring a Yoga mat, strap and blocks.
4. I put on relaxing music if you desire.
5. We begin our session energizing the body with breathing exercises.
6. We move into warm-up yoga poses.
7. We kick it up a notch and incorporating or including learning different stretches and poses to increase the challenge of your Yoga practice. Don't be surprised at how quickly your body responses.
8. We begin to cool the body down holding the postures longer and breathing deeply.
9. We do a variety of standing poses ranging from balancing, poses, inversions, backbends, forward bends, seated and standing postures. All depending on your individual comfort level and skills.
10. You lie comfortably on your back and relax. I lead you through a guided meditation.

11. You receive the Sara Yoga Bonus. A relaxing, soothing foot massage while you allow your body and mind to drift off to a far away beautiful paradise.

12. You feel calm, relaxed and rejuvenated.

13. Your session is complete.

14. You look forward eagerly to working with me again.



Good Things To Do After A Yoga Session

1. Drink lots of water.



2. Take a hot bath with Epsom salts.



3. Smile and continue to be in a happy, kind, calm frame of mind.

Different Types of Sessions

1 Hour

1 ½ Hour

2 Hours



My Availability

Monday through Friday – 7:00am to 6:00pm.

I teach various classes throughout the week and have a steady base of private clients. Let me know the day and time that will be convenient for you. I will do my best to accommodate you.

I encourage you to book long term, so you can reserve your spot.

P.S. I do not have a cancellation policy as all my clients become my friends, but in case you have to cancel a session, please notify me as soon as you know



Things I'm Going To Ask You Before A Session

1. Are you new to your Yoga?
2. Why do you want to do Yoga?
3. How long have you been practicing Yoga?
4. What do you want to gain by having private Yoga sessions?
5. Do you have any injuries?
6. Have you had any surgeries?
7. Are you currently on any medications?
8. What type of Yoga are you interested in practicing?
9. How many times a week do you want to work with me?
10. How long of a session do you want?
11. Do you want me to come to you or would you like to come to me?
12. What are the reasons you want to practice Yoga?
13. Are you interested in Yoga Philosophy?
14. Would you like me to incorporate chanting and meditation in our session?

15. Are you ok with me giving hands on adjustments?
16. Would you like the Sara Yoga Bonus at the end of your session?

A Deal I'd Like To Make With You

Here is what I feel we owe to each other. It is what I would like my relationship with you to be built upon.

1. I will give you my undivided attention during a session.
2. I will never push you beyond your limits.
3. I will provide a safe and trusting environment.
4. I will be on time for our session.
5. If for any reason I need to change or cancel our appointment, I will give you ample notice.
6. I will listen to the benefits you would like to experience in our sessions and do my best to fulfill your needs.

You Must or Should

1. Notify me immediately if you feel any pain or discomfort in your body.
2. You must notify me of changes in your health.
3. You should not eat 2 hours before a session.
4. You should have water and a towel available to you.
5. You should set up a time where you will be free of distractions.
6. You should pay for session when we conclude.
7. You should notify me as soon as possible if you are unable to keep a session.

If I ask (I don't ask everyone) I would like you to try to refer at least one person whom you feel would like the things I offer. This way I can continue to have a flow of new people and be here for you when you need me next time.

Invitation To Your Friends To See Me

May you invite your friends?



Yes, you may, certainly!

Like all businesses I have to have enough clients to fill my days. However, my aim is to give you the best private session you've had so you will be compelled to share this news with all your friends, co-workers and family members. By doing so, I keep up the good work as it is important for me to always have new clients to work for.

If I do not get new clients, I will not make a profit, I won't be able to continue to provide the level of service that you have come to expect from me.

By Invitation Only

I have a silent number, and I only take new clients when invited by my present clients: I do not take people who just call me up.



A lot of people think that I must have too many clients. Why else would I only take certain calls?

Welcome To Sara Varona Yoga

The reason I do this is because I only want to work with people I enjoy being with, and who, like you, want only the best for their bodies.

I have, by trial and error, found that people who fit this description are likely to be the friends of people who come to see me already.

Who among your friends do you think would enjoy what I have to offer? If you feel that one of your friends or relatives would like the way I teach Yoga, I would love to meet them.

How to Invite Your Friends to See Us

First tell your friend about your experiences with me. Be as detailed as you can, this way they will be in a better position to judge whether I provide the Yoga they would like.

If, after hearing me, your friend wants to come to see me, you could arrange it in one of three ways:

1. You can give them my business card and tell them to call me directly or e-mail me.
2. After our session, we can call them together and I could speak to them directly introducing myself.
3. You may also invite your friend or relative to come to watch one of our sessions so they can see what we do and have show you my approach to teaching.

Welcome To Sara Varona Yoga

Any of these ways, I will be delighted to hear from you.



Will we look after your friend?

When you recommend a friend to a business it is very important that your friend is happy with my service, otherwise it reflects badly on you.

I recognize that I have to please your friend so that you can feel good about having sent them to us: I do not take this responsibility lightly.

You can expect that I will heartily thank you for your giving your friend the invitation and reassure you that your friend is grateful to you for arranging a visit to see me.

Looking Forward to Building a Lasting Relationship

My contact information is as follows:

Phone Number

561-504-0140

Email address

saravaronayoga@gmail.com

