

# Yoga and Health Class Fees

All classes except for those designated as “by donation” are taught as a series of six weekly classes and the fee is \$50.00.

Classical yoga is an ancient, sacred and powerful tradition. It includes guidelines for living a productive and joyful life, physical exercises, breathing exercises, relaxation and meditation. It provides both theory and practices which if lived daily can prevent illness and restore health. Commitment and discipline is required in order to fully realize the benefits of the practice. Classes are taught sequentially and include all aspects of classical yoga. In order to practice safely and to make progress, students must make a commitment to regular attendance. In this way, the teacher is able to support the class as students work together to build a strong foundation for continued physical, emotional, mental and spiritual growth. With steady effort and dedication to the practice, the student is empowered to create a life of health, peace and abiding joy.

If you would like to make a commitment to participate in yoga classes and to practice daily at home but cannot afford the class fee, an attendance voucher may be provided. Please send a statement of intention and need through our [CONTACT](#) page or to Yoga and Health, PO Box 1323, San Marcos, Texas 78667-1323.

If you are a business or organization and would like to provide Yoga and Health classes for you employees or members we will be happy to provide onsite classes for a predetermined fee based on individual needs, time restrictions and location.

Yoga and Health is a 501 (C) (3) non-profit organization whose mission is to improve the health of individuals, families, organizations and the community by providing yoga and health education in an environment of learning that is conducive to a multicultural population. Donations to Yoga and Health are tax deductible.

If you would like more information, please call Cindy at (512) 754-9764.