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## BETH COSI YOGA / TAPAS YOGA LLC

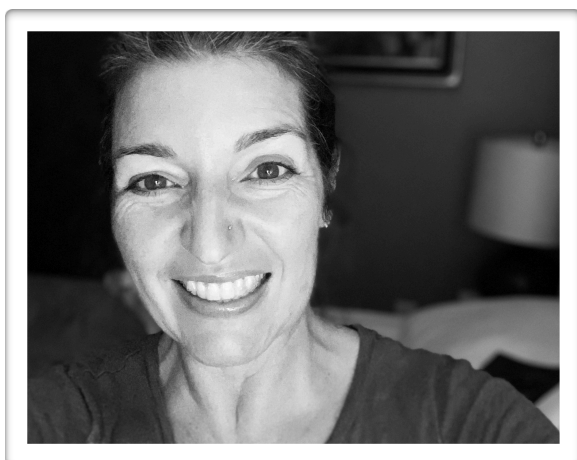
Introducing: **BeWell Studios**

2128 Dorchester Road, N Charleston, SC 29405

[BETH@BETHCOSI.COM](mailto:BETH@BETHCOSI.COM)

843-437-0846

*Hours by appointment only.*



I am excited to announce that I'll have limited office hours at BEWELL SPACES beginning November 2022.

I'll be more available to current and new clients and able to offer more services in a beautiful, safe space that aligns perfectly with my mission. I'm excited to work with you here!

Cash, Check and Venmo are accepted at time of service. 72 hours notice to cancel without penalty.

*Please see my cancellation policy for full details.*

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## PRIVATE CLIENT SERVICES, YOGA\*

1. I come to you: offered in your home or business : [Tier 1](#)
2. You come to me: BeWell Spaces : [Tier 2](#)
3. Online: via Zoom link : [Tier 3](#)

### Investment:

[Tier 1](#): \$160 (case by case up-charge for longer & peak travel)

[Tier 2](#): \$140

[Tier 3](#): \$95 (3 online sessions in 20 days for \$240)

\*single student only; group session pricing by request

### ● Yoga

Private one on one sessions. 60 min, with space for intake and integration /savasana (Online session 45min)

#### What you can expect:

Whether you are here to learn the transformative postures and sequences of yoga asana and breath or to work on mobility, relieve pain and manage stress, this is a whole body Whole Self session.

You'll learn postures and techniques to utilize whenever and wherever you are. Props and fascia release tools, visualization and mantra guidance. Feel strong, flexible and at ease.

### ● Restorative Yoga & Yoga Nidra

Private one on one sessions. 60 minutes (Online session 45 min)

#### What you can expect:

Life got you feeling stressed, achy, taxed? Rest is the critical component to healing and feeling your best.

Your most clear and deeply connected Self awaits. Enjoy being propped and fully supported in mind and body. These specialty practices allow yourself time to restore while being guided on a sweet journey back into balanced bliss.

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# PRIVATE CLIENT SERVICES, OTHER

## ● **Tensegrity Medicine (™) with Yoga Integration {COMING JANUARY 2023!}**

Private one on one sessions at **BeWell Spaces** only. 75 minutes \$150

Special Pricing thru April 2023: \$120

What you can expect:

Using the guide of Tom Myers Anatomy Trains, the latest fascia research, the expert training from Kelly Clancy's Tensegrity Medicine Mentorship and over a decade of yoga teaching experience, the session begins with testing for the areas of greatest restriction, techniques from the table and the floor to balance the system and honor its wisdom and great efforts, followed by movement practices that integrate the system which allow you to move and BE in a different, more cohesive way.

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### **What's Right for Me?**

Can't decide where to start? Let your gut decide...you can't get it wrong.

Contact Beth with any questions.

### **What do I need to bring / to wear?**

You need bring nothing. If you have a mat and props you prefer to use, bring them. I'll have everything we need. Please dress comfortably for movement and for rest. No heavy perfumes or large jewelry please. These are clothes on, shoes-off practices.

### **Cancellation Policy**

All Private sessions: 24 hours \$100 fee; day of appointment, full fee.

Due to nature of relationship and limited availability / high demand, the cancellation policy is strict and unwavering. Text message or voicemail to Beth's cell phone to cancel please. If you or someone you are in the care of are ill please contact Beth as soon as possible.

Thank you for your understanding, consideration and integrity.

### **Want to Schedule?**

Reach out to Beth directly via email, text or voicemail.

**Please note: Monday, Tuesday, Wednesday from 8:30-2:00 only for Tier 1 sessions. (I come to you.)**

**Fridays only at BeWell Studio, 8:30am- 1230pm. (2 slots)**

**Beth Cosi**

**Tapas Yoga, LLC**

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