



# Christina Rojas

## Private Session Packages

### ~ 3 Sessions ~

- ◆ Weekly Body Bliss, a 60 minute session each week
  - Check in
  - Customized one on one yoga session
  - Aromatherapy with DoTerra essential oils, lovingly selected for your needs that session

### ~ 6 Sessions ~

- ◆ Weekly Body Bliss
  - Check in
  - Customized one on one yoga session
  - Aromatherapy with DoTerra essential oils, lovingly selected for your needs that session

- *Your body is feeling stronger and more flexible*
- *You're sleeping better*
- *You recognize your triggers, but have a hard time guiding yourself back to tranquility*

### ~ 12 Sessions ~

- ◆ Weekly Body Bliss
  - Check in
  - Customized one on one yoga session
  - Aromatherapy with DoTerra essential oils, lovingly selected for your needs that session

- *You'll receive a journal for free style journaling*
- *Your body is stronger and more flexible*
- *You're sleeping better*
- *You recognize your triggers and you're able to lovingly guide yourself back to a peaceful state*
- *You're feeling more carefree and life is more fulfilling*
- *At your twelfth session we will design a custom mantra together to connect you to instant BLISS!*