

# Private & Semi-Private Classes

Yoga &/or Meditation Available

- \$75 per hour - from 1-6 people
- 1 on 1, or invite family and friends at no extra charge
- You control the days and times
  - available Mon-Fri 7am-11pm, Sat 7am-noon
- You decide the class style or we can help tailor it to you (or your groups) needs.
- Great as a Couple's Date Night- Couples Yoga Poses can be added in

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## Yoga Parties for Adults

Birthdays, Baby Showers, Wedding Showers, GNO

- \$75 per hour for up to 6 people
- You control the days and times
  - available Mon-Fri 7am-11pm, Sat 7am-noon
- Can rent the space for extra time to have refreshments or whatever else you would like to do
- You decide the class style or we can help tailor it to you (or your groups) needs.

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## Yoga Birthday Parties for Kids

Fun, healthy & positive experience for boys & for girls. Simply show up 10 minutes before your party starts & you're ready to leave right after.

Customize your party to your liking with a vast array of options.

We do it all - No mess, no clean up, no cleaning-you show up and enjoy!

*If you need help selecting your party package or have questions, just call*

*732-750-8767 or email [connect@comfortandbalance.com](mailto:connect@comfortandbalance.com)*

# Birthday Party Packages

<b>1. Select Your Base Party Plan</b>				
Ages	5-7 Years	7-11	11-15	15 to Adult
# of Attendees	Up to 7 Guests & Birthday Honoree	Up to 7 Guests & Birthday Honoree	Up to 7 Guests & Birthday Honoree	Up to 7 Guests & Birthday Honoree
Total Party Time	1 Hour	1 Hour	1 ¼ Hours	1 ½ Hours
Location	We provide the party room with exclusive use of the studio for your party time. There is also an attached lobby for parents to wait, relax, read & be able to peek in as they like. We have attached parking as well as handicap accessible entrance. Wheelchair yogis welcome!			
Invites	We provide yoga themed party invites for you to address and deliver. See below for our complete RSVP Service			
Craft- Choose 1 2 <sup>nd</sup> Craft Available Below	<ul style="list-style-type: none"> <li>◆ Mandala Coloring</li> <li>◆ Create a Pinwheel</li> </ul>	<ul style="list-style-type: none"> <li>◆ Mandala Coloring</li> <li>◆ Create a Pinwheel</li> <li>◆ Dream Catcher</li> </ul>	<ul style="list-style-type: none"> <li>◆ Gratitude Journal</li> <li>◆ Zen Sand Garden</li> <li>◆ Dream Box</li> </ul>	<ul style="list-style-type: none"> <li>◆ Ask Box</li> <li>◆ Goal Board</li> <li>◆ Zen Sand Garden</li> </ul>
Yoga Class	30 minute yoga class which may include yoga related poses, songs, stories, games, activities	30 minute yoga class which may include yoga related poses, songs, stories, games, activities	45 minute yoga class which may include poses, games, songs, kirtan chanting	1 hour yoga class designed to your liking. Some choices include DeStress, Core Fit or Beginners
Practical Party Keepsake	The Guest of Honor receives a yoga mat that each attendee can sign and help decorate.			
Decorations & Goodies	Parents are welcome to bring decorations to the studio to dress things up to their liking. Bring your own goodie bags or choose from our fun goodies below.			
Total Cost	\$115	\$120	\$130	\$145

Now choose your optional add-ons below!

<b>2. Choose Any or All of These Optional Add-ons</b>		
<i>These options are designed to help simplify your party planning &amp; free up your time &amp; energy.</i>		
<b>Goodies</b>		
Yoga Mat	Practical & reusable. Use at classes or home practice.	+ \$6 pp
Large Swirl Pops	Sweet, colorful & fun. Each 3" sucker is cherry flavored!	+ \$1.50 pp
Lavender Eye Pillows	Lavender & Organic Flax Seed in Satin & Cotton Pillow	+ \$6 pp
Personalized Yoga Water Bottle	20oz aluminum, eco-friendly w/leak-proof cap & handy carabiner.	+ \$16 pp
Comfort & Balance Yoga Shirt	Comfortable & practical. Perfect design for yoga classes.	+ \$16pp
Inspirational Poster	Keep sending a positive message after the party is done.	+ \$2 pp
<b>Continued on Next Page</b>		

## Comfort & Balance Birthday Parties – Add-ons Continued

### Continuing- Choose Any or All of These Optional Add-ons

Ages	5-7 Years		7-11		11-15		15 to Adult	
<b>Crafts</b>								
+2nd Craft	+ \$3 pp	+ 10 Min	+ \$3 pp	+ 15 Min	+ \$3 pp	+ 15 Min	+ \$4 pp	+30 Min
+3 <sup>rd</sup> Craft	N/A	N/A	+ \$3 pp	+ 15 Min	+ \$3 pp	+ 15 Min	+\$4 pp	+30 Min
<b>Food</b>								
Choice of healthy, delicious wrap & a drink	+\$5 per attendee	+20 Min	+\$5 per attendee	+20 Min	+\$5 per attendee	+20 Min	+\$5 per attendee	+20 Min
Pizza & a drink	+\$3 per attendee (1 slice)	+20 Min	+\$3 per attendee (1 slice)	+20 Min	+\$5 per attendee (2 slices)	+20 Min	+\$5 per attendee (2 slice)	+20 Min
Cake- we provide plates & utensils & cake	+\$5 per attendee	+20 Min	+\$5 per attendee	+20 Min	+\$5 per attendee	+20 Min	+\$5 per attendee	+20 Min

If you would like to provide your own food &/or cake, see section below

### Complete Invite & RSVP Service

Comfort & Balance can create beautiful birthday invitations, include all the information and waiver info and even mail them to each guest. Your guests can RSVP directly to you or to us, your choice! +\$3 per attendee

### Extended Building Use

Opening Presents- The studio can be rented in ½ hour increments to allow for the opening of presents. We'll keep track of the gifts & who the gift is from so you can relax, take pics and enjoy the party. Gift wrapping clean up is included. +\$25/per ½ hour

Food & Cake- Enjoy the use of our studio for your food & cake time. You are welcome to bring in whatever food & goodies you would like. We provide a long table, table cloth and chairs.

We'll clean up afterwards. + 45 Minutes +\$50

## Booking Your Amazing Yoga Party

Call 732-750-8767 or email [connect@comfortandbalance.com](mailto:connect@comfortandbalance.com) today to book your party. Parties are available daytimes, evenings & Saturdays based on studio availability. A non-refundable deposit of \$65 is required to hook your party. The balance of the party to be paid 1 week before party date. Any questions, or need help planning your package, just call or email!



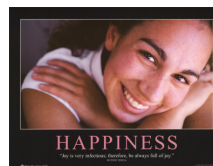
Yoga Mat



Swirl Pops



Lavender Eye Pillow



17" x 22" Poster



Personalized Water Bottle

Note: Images may not match exact examples shown.