



Yoga Sadhana Consultations

Regular emails to Shandor and Emma have shown that there is a growing need for a consultative service where students can ask questions and get advice on parts of their Sadhana where they are struggling or having difficulties. Because all are at different stages on the path of yoga these questions are often personal and individual.

To satisfy this growing need and since traveling is currently curtailed and group yoga classes discouraged, we have decided to implement a system where these questions can be asked personally, on-line, to Emma or Shandor.

The process

Please email us: consult@shadowyoga.com

To make the process as efficient as possible, we need some background regarding your experience, we need to know the following:

1. Your name and age
2. Who your primary Shadow yoga teacher is?
3. The nature of your query - this can be as specific or general as you wish
4. The preferred day/time for the consultation

- Preferred method of consultation is: Zoom, Skype or Face time.
- Time slots for consults will be up to 30mins in duration.
- Available times will be co-ordinated based on country location with Adelaide, Australia as the primary time zone.
- Once we receive your email and agree the day/time, we will send you an invoice to be paid before the consultation.
- At the same time we will send you details of how we will communicate.
- 24hrs notice is required to change or cancel the appointment.

By implementing this service we feel we can provide some ongoing support to practitioners of Shadow Yoga. Cost per consultation is: \$70 USD. Shadow yoga teachers receive a 10% discount.

