

SANDY PATRICK

TEACHER

PERSONAL PROFILE:

I'm a student of mindfulness. I share teachings sourced from over a decade of studying different modalities; including traditional Yoga practice and meditation, Pranayama, Anatomy and Energy Healing.

I love creating spaces that encourage us to see well-being as a shared culture.

SKILLS & INTERESTS:

- Meditation Guide/Self-study
- Yoga Instructor: Postures and Movement
- Retreats: Private groups
- Breathing Exercises/Pranayama
- Corporate Training: Stress management, Team bonding
- Creative Release: drawing/painting/poetry

CONTACT INFORMATION:

WEBSITE - www.onhermat.com
INSTAGRAM - @YogaClubLagos
EMAIL - yogaclublagos@gmail.com
PHONE NUMBER - +234 (0)8036737525



EXPERIENCE:

TEACHING - 8 YEARS (2014-PRESENT)

over 10,000 students - Local Studios, Private students, Corporate Organizations, Fitness Festivals

Hatha Yoga, Power Vinyasa Yoga, Kemetic Yoga, Rocket Yoga, Prenatal/Postnatal Yoga, Kids Yoga

PREVIOUS COLLABORATIONS

Local and International Brands

Sterling Bank, GTBank, Oando PLC, Clarins/Inter-Outre-Mer, Ingressive Capital, Bet King, Meristem, Big Brother Nigeria, SilverBird TV, Genevieve Magazine, Spice TV Africa, Wazobia TV.

SERVICES & RATES* (NAIRA)

**MEDITATION YOGA PRANAYAMA MINDFULNESS
ANATOMY SELF-STUDY HEALING**

INDIVIDUAL OR SMALL GROUPS

- 1 person - 20,000
- 2 people - 25,000
- 3-5 people - 30,000
- 6-10 people - 50,000

(bulk rates available on request)

LARGE GROUPS OR CORPORATE

- 11-30 people - 150,000
- 31-60 people - 250,000
- More than 60 people - 300,000-500,000

*VALID FOR 2022