

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 Emotional/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
- Wellness Retreats: My Kind Collective of Teachers
- Breath Work/Pranayama
- Corporate Training: Stress management, Team bonding, Mindful Retreats
- Creative Release:, journaling, visualization, emotional awareness, poetry, writing, communication & listening games

CONTACT INFORMATION:

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



EXPERIENCE:

TEACHING - 10 YEARS (2014-PRESENT)

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

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

PREVIOUS COLLABORATIONS

Local and International Brands

Sterling Bank, GTBank, Oando PLC, UBA Foundation, TIERS, Clarins/Inter-Our-Mer, Ingressive Capital, Bet King, Meristem, Big Brother Nigeria, ARM Group, Carib Holistic Health, SilverBird TV, Genevieve Magazine, Spice TV Africa, Wazobia TV, Lost in Lagos Magazine, Google Nigeria, Guinness Nigeria, Red Bull, Eco Bank...

SERVICES & HOURLY RATES* (NAIRA)

JOINT HEALTH RESTORATIVE YOGA BREATHWORK
BALANCE & FLEXIBILITY CHRONIC PAIN RELIEF

INDIVIDUAL OR SMALL GROUPS

1 person - 25,000 / 2 people - 35,000

3 people - 45,000 / 4 people - 52,000

5 people - 60,000 / 6-10 people - 70,000

bulk discount (paying for more than 1 class a week) 10% off

LARGE GROUPS OR CORPORATE

11-30 people - 180,000

31-60 people - 360,000

Over 60 people - request for quote

*Depends on location - additional fees if there's travel over ONE hour

*Depends on unaccounted time - per hour fees will be agreed beforehand

*Virtual sessions available for 30% less

2024 (JAN-APRIL)