Question:

How long should I continue to come to 1-2-1 classes? After how many classes can I just go to regular Yoga classes?

Answer:

The aim of every good teacher is to give you wings, not to tie you down. My aim is for you to get in touch with your inner self, to have the knowledge what the effects of your daily routine, nourishment, exercise, activity, relationships etc. have on you. To teach you to practice on your own, at home, regularly.

If you are a healthy beginner and your aim is to learn the breathing, the alignment of the main postures and find out what is your unique area of weakness that you have to look out for than it can take as little as 5-10 classes (all depending on you, your body awareness, your current health). Then you are ready to practice at home or go to a group yoga class.