



Price List Jan 2019

Phone: 0416 078 540

## Yoga Classes

<b>School Terms:</b>	Saturday 8.30am	Tuesday 6pm	Thursday 5.30pm
<b>School Holidays:</b>	Tuesday 7.45am	Tuesday 6pm	Thursday 5.30pm

### Introductory Offer

- First Two Classes \$ 20 \$10.00 per class
- First Block of 10 classes Use in 3 months \$ 120 \$12.00 per class

### Class Prices

- Block of 10 Classes Use in 3 months \$ 180 \$18.00 per class
- Block of 20 Classes Use in 6 months \$ 330 \$16.50 per class
- Block of 40 Classes Use in 12 months \$ 600 \$16.00 per class

**Students** Use in 3 months \$ 130 \$13.00 per class

All blocks of classes work on a once a week class and therefore must be used within the specified time as indicated above. You will be notified for your next block.

## Individual Therapies

One on one *Alignment release body work, with Movement therapy, mindfulness and focus techniques and targeted exercises.*

By appointment

- Individual 45 minute session \$ 75
- Individual 60 minute session \$ 90
- Individual 75 minute session \$ 110
- Individual 90 minute session \$ 125

Home visits are the same price as above PLUS travel

## Corporate, Business and Community Groups

*Short regular alignment, massage and exercise sessions*

- At your premises – 3 to 5 staff \$ 90 per 60 minutes plus travel