



**Health and wellness options**

<b>Program type</b>	<b>Per:</b>	
<b>Body coaching program</b>		
<i>Personal training</i>		
<b>1. Start up 20 pack</b>	<b>\$ 1,199.00</b>	<b>20 sessions</b>
<b>2. On going success 20 Pack</b>	<b>\$ 1,100.00</b>	<b>20 sessions</b>
<b>Distance online training</b>		
<b>Start up</b>	<b>\$ 449.00</b>	<b>6 weeks</b>
<b>Life and business coaching</b>	<b>\$ 199.00</b>	<b>Includes follow up</b>
	<b>\$ 899.00</b>	<b>5 sessions</b>
<b>Yoga program</b>	<b>\$ 21.00</b>	<b>1 casual session</b>
	<b>\$ 499.00</b>	<b>29 sessions</b>
	<b>\$ 180.00</b>	<b>10 sessions</b>
	<b>\$ 450.00</b>	<b>Unlimited weekly yoga</b>





***Session duration***

***30 minutes***  
***30 minutes***

***60 minutes***

***Expiry 6 months***

***Expiry 12 weeks***  
***Expiry 6 weeks***