



ZEN Journey Sessions + Packages

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4 x 1hr Sessions

1:1 Personal Training

4 X 1HR SESSIONS **\$440**

PRICING GUIDE

- Selected Stretching exercises + Restorative Yoga poses.
- Meditation Practice.
- **BONUS** Yoga Poses e-book value \$25
- **BONUS** 2 x Meditation Practice Video's value \$55
- **BONUS** Bush Flower Calm & Clear Essence Roll On value \$22
- Access to Facebook Members Wellness Online Group.

Personal Group Training of 2

PER PERSON **\$220**

- Stretching exercises + Restorative Yoga poses.
- Meditation Practice.
- **BONUS** Yoga Poses e-book value \$25
- **BONUS** 2 x Meditation Practice Video's value \$55.
- **BONUS** Bush Flower Calm & Clear Essence Roll On value \$22
- Access to Facebook Members Wellness Online Group.

Personal Group Training of 3

PER PERSON **\$146**

- Stretching exercises + Restorative Yoga poses.
- Selected Meditation Practice.
- **BONUS** Yoga Poses e-book value \$25
- **BONUS** 2 x Meditation Practice Video's value \$55.
- **BONUS** Bush Flower Calm & Clear Essence Roll On value \$22
- Access to Facebook Members Wellness Online Group.

Personal Group Training of 4

PER PERSON **\$110**

- Stretching exercises + Restorative Yoga poses.
- Selected Meditation Practice.
- **BONUS** Yoga Poses e-book value \$25.
- **BONUS** 2 x Meditation Practice Video's value \$55.
- **BONUS** Bush Flower Calm & Clear Essence Roll On value \$22
- Access to Facebook Members Wellness Online Group.



The Zen Wellness Package.

PER PERSON **\$750**

- 4 x 1:1 Personal Training - Zen Journey Sessions.
- 2 x 1hr 15mins Zen Body Therapy Treatments + Oracle Reading.
- 1 x 30 min Aromatouch Technique Feet or Hand Reflexology Treatment.
- **BONUS** 2 x Meditation Practice Video's value \$55.
- **BONUS** Bush Flower Calm & Clear Essence Roll On + Calm & Clear Space Mist value \$80.
- **BONUS** 4 x Mindfulness Meditation Practice Video's value \$110.
- **BONUS** My Daily Affirmation Journal value \$24.95

PAYMENT PLAN OPTION:
DEPOSIT \$200
BALANCE: 9 X WEEKLY
PAYMENTS \$120

SESSIONS + TREATMENTS
VALID 3 MONTHS.

