

# PRICE LIST FOR SERVICES

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## YOGA- SINGLE CLASS

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**Yoga Class/Session**

12

60 minute Class- Register on line or Walk-In

**Yoga Class/Unlimited**

95

Why Not treat yourself to a month of unlimited classes

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## YOGA-MULTIPLE CLASS PASS

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**10 Group Yoga Classes**

100

Includes any of our scheduled classes, expires  
12 months from purchase

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## PERSONAL TRAINING, PILATES & PNF STRETCHING

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**Personal Training by Joy Rober**

45-80

Please view our full schedule on the Mind Body  
app for details**PNF Stretching by Joy Rober**

45

Please view our full schedule on the Mind Body  
app for details**Pilates Reformer Training by Joy Rober**

45-80

Please view our full schedule on the Mind Body  
app for details**Boot Camps ( min 3 people) by Joy  
Rober**

6

Please view our full schedule on the Mind Body  
app for details**Pilates Mat Training by Joy Rober**

35

Please view our full schedule on the Mind Body  
app for details

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## MASSAGE

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### **Relaxation Massage 50 Minutes by Joy Rober** 80

As the best-known type of bodywork performed today, one of the primary goals of massage is to relax the entire body. This is accomplished by rubbing the muscles with long gliding strokes in the direction of blood returning to the heart.

Massage is exceptionally beneficial for increasing the level of oxygen in the blood, decreasing muscle toxins, improving circulation and flexibility while easing tension.

### **Thai Massage 50 minutes by Serena** 75

Thai Massage is an ancient healing system combining acupressure, Indian Ayurvedic principles, and assisted yoga postures. Thai massage uses no oils or lotions. The recipient remains clothed during a treatment. There is constant body contact between the giver and receiver, but rather than rubbing on muscles, the body is compressed, pulled, stretched and rocked

### **Therapeutic Massage 50 Minutes by Joy Rober** 80

Helps to relieve pain from stress, and injury.

Trained to palpate imbalances in the soft tissue, the Massage Therapist will check for symmetry of movement and texture of the soft tissue beneath his/her fingers. In areas such as muscles, tendons, ligaments, fascia, the cranial system and joint capsules.

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## PRIVATE YOGA INSTRUCTION

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### **Private 75 minute Yoga Practice** 80

With private yoga lessons, you'll focus on your goals and get personalized instruction based on your body type and lifestyle—and with a schedule that works for you. We'll carefully prepare instruction to meet your personal needs.