

# 5 Koshas Yoga & Wellness Rates

Fall 2015



**5 Koshas**  
yoga and wellness

## Yoga, Fitness, Pilates, Belly Dance Classes:

	Standard Rate	Discounted Rate*
Annual Contract – Unlimited Classes	\$79 /month (auto-pay)	\$69 / month (auto-pay)
4 Month Unlimited Class Pass	\$350.00	\$300.00
Class Pass (4 - 9 classes)	\$10 per class	\$8 per class
11 Class Pass (11 for 10, one free class)	\$100 (\$9.09 / class)	\$80 (\$7.27 / class)
Single Class Pass	\$15 per class	\$15 per class

\*Discounted prices available for people in Healthcare, Schools, Government, Military or 65+

## Private Session Rates

### (Yoga, Yoga Therapy, Nutrition, Personal Training, Pilates):

Rates for private sessions are based on the duration of the session

Session	Charge
30 minutes	\$40.00
45 minutes	\$60.00
60 minutes	\$75.00
75 minutes	\$90.00
90 minutes	\$105.00
4 – 1 hour sessions	\$250.00

### Special Events and Mini-Retreats:

Priced as advertised.

Cancellation with prior notice credited to future services within the next 4 months

### Swedish and Thai Massage available onsite:

See Wellness Services at [www.5KoshasYoga.com](http://www.5KoshasYoga.com)

### Merchandise:

(All prices include Sales Tax)

T-shirt: High quality 5 Koshas logo'd shirt Men's and Women's styles	\$25
Yoga Mat: High quality 1/4" thick latex-free, extra-long	\$20
Yoga Blanket: Soft and durable, acrylic, polyester and cotton blend	\$45
Yoga Bolster: Rectangular, firm padding with soft cotton cover	\$60
Yoga Block: Lightweight, soft and durable	\$15
Yoga Strap: 6 foot cotton with D-ring buckle	\$10
DVD: Viniyoga practices for low back, shoulders, anxiety and mood	\$20