

5 Koshas Yoga & Wellness Rates

Winter 2017



5 Koshas
yoga and wellness

Yoga, Fitness, Martial Arts Class Passes:

- Share your pass with your family!
- All passes expire three months from first use, deep discounts for larger passes.
- Will extend expired class pass one month with purchase of a new class pass.

# Sessions	Standard		Discounted*	
	Price	\$/ Class	Price	\$/Class
1	\$15.00	\$15.00	\$15.00	\$15.00
4	\$40.00	\$10.00	\$34.00	\$8.50
8	\$76.00	\$9.50	\$64.60	\$8.08
12	\$108.00	\$9.00	\$91.80	\$7.65
24	\$192.00	\$8.00	\$163.20	\$6.80

Unlimited Yoga, Fitness, Martial Arts Class Passes (Individual Only):

Pass Duration	Standard Price	Discounted Price*	Better deal than 24 class pass at:
3 months	\$270	\$230	>11.25 visits / month
6 months	\$500	\$425	>10.4 visits / month
Annual w/mo autopay	\$79 per month	\$69 per month	>9.9 visits / month

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

Chair Yoga Class Pass:

\$20 for 4 sessions or \$35 for 8 sessions (one session free)

Pilates Reformer Class Pass:

Expires 4 months from first use:

\$17.50 Single Session

\$157.50 for 10 Sessions (one session free)

Discounts available for military, police, fire

Special Events, Webinars and Mini-Retreats:

Priced as advertised.

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

Private Yoga, Yoga Therapy, Private Pilates, Swedish and Thai Massage, Cupping, Acupuncture, Physical Therapy and Craniosacral Therapy available onsite:

See Holistic Health Services at www.5KoshasYoga.com

Merchandise: (All prices include Sales Tax)

Yoga Mat:	High quality 1/4" thick latex-free, extra-long	\$20
Yoga Blanket:	Soft and durable, acrylic, polyester and cotton blend	\$20-\$30
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
Yoga Jellies:	High quality gel pad for wrist and knee	\$55