

Wellness Journeys - Price List

Service	Description	Group Charges
Movement Classes	These classes provide gentle stretching poses for improved flexibility, reduced injuries and stress management.	Price per Class
Gentle Yoga		\$200 per hour - Onsite \$100 per hour - Virtual
Easy Stretch		
Body Weight Workout		
Resistance Bands & Tubes		
For the Core		
	These classes teach proper form along with strengthening exercises for tone and functional strength.	

Challenges		Price per Challenge
21 Day Sugar Challenge	These challenges provide daily doses of accountability to support behavior change.	\$1,250
30 Day Water Challenge		\$1,750
7 Day Sodium Challenge		\$350
21 Day Power of 10 Movement Challenge		\$1,500

Courses		Price per Course
Trust Your Gut	3 Weeks, 1 hour class	\$1,500
Brain Health: The Prevention of Alzheimer's	6 Weeks, 1 hour class	\$3,000
Cooking Classes	Plant based cooking classes. Participants learn about the benefits of a plant based diet and sample easy to make recipes.	\$500 + ingredients \$1,350 - 3 week course, 1 per week
Lunch and Learns	Group sessions focusing on a variety of health & wellness topics.	\$350 per hour - Onsite \$200 per hour - Virtual

For more information visit: pollypitchford.com