

## Wellness Journeys - Price List

Service	Description	Group Charges		
<b>Movement Classes</b>	These classes provide gentle stretching poses for improved flexibility, reduced injuries and stress management.	<b>1X per hour</b>	<b>2X per month</b>	<b>Weekly</b>
Gentle Yoga		\$75	\$60	\$50
Easy Stretch		\$75	\$60	\$50
<b>Body Weight Workout</b>	These classes teach proper form along with strengthening exercises for tone and functional strength.	\$75	\$60	\$50
Resistance Bands & Tubes		\$75	\$60	\$50
For the Core		\$75	\$60	\$50

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

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