



Prices and Policies

List of Services and Prices

YOGA AND YOGA THERAPY

90 minute Yoga Therapy Session - \$100.00

90 minute Yoga Private - \$100

60 minute private yoga session - \$75

30 minute private yoga session - \$45

Semi Private Yoga classes available - please add \$15 per person on to the above base rates

MASSAGE THERAPY

60 minute massage (in office) - \$75

60 minute massage (in your home) - \$85

60 minute massage with 15 minute guided meditation (75 minutes total) - \$80.00

75 minute massage with 15 minute guided meditation (90 minutes total) - \$100.00

90 minute massage (in office) - \$100.00

90 minute massage (in your home) - \$115.00

List of Programs and Workshops and Prices

Redefining Stress - A Phoenix Rising Yoga Therapy Group Approach - \$300.00 (\$100 deposit)
Includes the following:

-Six 2.5 hour sessions including a yoga practice and group processing

- One all day retreat
- Your own practice manual

2 hour Partner Yoga Workshops - \$30 per couple (\$10 deposit)

2 and a half hour Tell Me More Workshops - \$35 per person (\$10 deposit)

All day Silent Retreats - \$50 (\$10 deposit)

Includes the following:

- 5 guided meditations - (a combination of walking, sitting and eating)
- 2 yoga classes
- A group process circle

Payment Types, Deposits and Payment Plans

We accept cash, checks, Visa, MasterCard, American Express and Discover cards.

Deposits are required for all workshops and programs at time of registration. All other services (except weekly drop in yoga classes) are pre scheduled appointments and payment is due at the time of the appointment.

Payment plans are possible for all services. Half of the service amount is due upon the appointment or program start date and the other half is due no later than 2 weeks after the scheduled appointment date.

Payments for Redefining Stress may be made in three \$100 instalments to begin with a \$100 deposit at time of registration and to be complete no later than 2 weeks after the completion date of the program. (This gives eight weeks to pay off the balance of \$200.)

Individual payment plans for other workshops and programs are possible. Contact Jennifer to arrange one.

Refund Policies

There is a 24 hour cancellation notice required for all individual session appointments. If notice is not given, you are responsible for the full payment of your missed session.

There are no refunds for services rendered or for workshops or programs after the start date.

50% will be refunded for workshops or programs that are cancelled with 2 weeks notice. The

deposit is non-refundable.

10% is refunded if notice of cancellation is given within the week before the start date. The deposit is non-refundable.

There is no refund if cancellation happens the 24 hours before the start date of a program or workshop. The deposit is non-refundable.

Once a program has begun you are responsible for the full price of the program regardless of whether you complete the program or not.