

	TIER 1 ESSENTIAL	TIER 2 SIGNATURE	TIER 3 ELITE
Exclusive content	X	X	X
Mindful movement programs	X	X	X
Motivation	X	X	X
Nutritional support	X	X	X
Private community		X	X
One live 60-minute Q & A session per month		X	X
Two 45-minute virtual group coaching sessions per month		X	X
Two private 30-minute virtual coaching session per month			X
Cost per month (USD)*	\$49	\$97	\$197

*Private pay services