



Services Prices

50 MIN STRETCH SESSION

SINGLE \$60

This is an introductory session, or one off session for consultation purposes.

4 SESSIONS \$220

1 weekly session, discounted at \$55 per session bought in bulk.

8 SESSIONS \$360

2 weekly sessions, discounted at \$45 per session bought in bulk.

12 SESSIONS \$480

3 weekly sessions, discounted at \$40 per session bought in bulk.

25 MIN STRETCH SESSION

*Can be combined for 50 minute sessions.

SINGLE \$40

This is an introductory session, or one off session for consultation purposes.

4 SESSIONS \$120

1 weekly session, discounted at \$30 per session bought in bulk.

8 SESSIONS \$224

2 weekly sessions, discounted at \$28 per session bought in bulk.

12 SESSIONS \$312

3 weekly sessions, discounted at \$26 per session bought in bulk.

1-ON-1 ASSESTED STRETCHING

This is a hands on 1-on-1 Assisted Stretch that utilizes proprioceptive neuromuscular facilitation, myofascial release technique, trigger points, percussion tools, and optional other bodywork techniques that may be requested. Packages have a 90 day expiration that can be extended.