

IN PARTNERSHIP WITH BODY SYNERGY PT

Sparkle with Mindful Self Care!

PILATES, YOGA STRETCH & MEDITATION

Intro Private Package
**THREE 45 MIN SESSIONS:
\$175.00**

Private Sessions

SINGLE: \$90

5 SESSIONS: \$435

10 SESSIONS: \$850*

***GET ONE FREE SESSION**

Duet Sessions

SINGLE: \$50 PP

5 SESSIONS: \$220 PP

10 SESSIONS: \$415 PP

Certified Yoga & Pilates Instructor

LAUREE BRADLEY, MS. RDN

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