



## Rates

### Private Fitness, Yoga, Ayurveda and Health Coaching\*

	Live Online 1-on-1	In-person 1-on-1
60-minute	\$80	begin at \$80
90-minute	\$120	begin at \$120
30-minute	\$50	begin at \$50

\*If you're interested in receiving a handout or PDF of recommendations, additional fees may apply.

### Semi-private Fitness and Yoga (2 people)

	Live Online Semi-private	In-person Semi-private
60-minute	\$100	begin at \$100
90-minute	\$140	begin at \$140
30-minute	\$70	begin at \$70

### Group Fitness and Yoga Classes (3+ people)

	Live Online Group	In-person Group
60-minute	\$15 per person with \$100 minimum	begin at \$100
90-minute	\$20 per person with \$140 minimum	begin at \$140
30-minute	\$10 per person with \$70 minimum	begin at \$70

Large group discounts (10+ participants) are available.

### Fitness, Yoga, Ayurveda and Health Coaching and Workshops

	Private	Semi-private (2)	Group (3+)*
60-minute	begin at \$80	begin at \$100	begin at \$15 per person with \$100 minimum
90-minute	begin at \$120	begin at \$140	begin at \$20 per person with \$140 minimum
30-minute	begin at \$50	begin at \$70	begin at \$10 per person with \$70 minimum

An Agreement of Release and Waiver of Liability Form must be completed before participating.

I look forward to working with you! Please [contact me](#) to get started.