



BE UNIQUELY YOU

Pricelist 2025

Training sessions

Once off assessment (1,5 hours) R 550

PRIVATE SESSIONS

3 sessions	R 1200 (R400 per session)
5 sessions	R 1900 (R380 per session)
10 sessions	R 3500 (R350 per session)
20 sessions	R 6000 (R300 per session)

DUO SESSIONS

3 sessions	R 600 per person (R1200)
5 sessions	R 950 per person (R1900)
10 sessions	R1750 per person (R3500)

Youngster coaching R 300 (45 min) - groups on request

Business fitness/Groups on request

Soul Vibrations – venue in 59, 14th avenue in Northmead

Is Cacao medicine workshop	R 555
Reiki	R 500 (60–80 min. - in Northmead OR Marister)
Bodywisdom (breathwork & mobility)	R 100 per session

Terms and conditions

1. Packages with 3 and 5 sessions are valid for 2 months from the date of purchase
2. Packages with 10 and 20 sessions are valid for 5 months from the date of purchase
3. No refunds – sessions can be transferred to a third party
4. Sessions are 55 minutes
5. For a “No show” or last-minute cancellation the session will be charged
(last minute = EVERY SESSION that's NOT been cancelled BEFORE 5pm the day PRIOR your appointment)

NATURAL
BODY
ABILITIES

BE UNIQUELY YOU

6. Catch up sessions are provided for any session/workshop that is cancelled through NBA

