

THE KB WAY PRICES & PACKAGES

HEALTH COACHING PACKAGES:

- **Health, Medical, Nutrition & Stress Reduction Coaching** are available for **all ages**
- **ALL Packages** include **FREE** Initial Consultation with Dr. Karen

Group Coaching Classes:	Kids \$10	Adults \$15 (24hr Pre-Registr)
Phone/Skype Coaching:	\$25 (20 min)	\$45 (40 min) \$65 (60 min)
Individual Coaching Session (CS):	\$60/CS	With Dr. Karen: \$90/CS
Boost Health Package (5 CS)	\$255 at \$51/CS	(15% OFF; SAVE \$45)
Super Boost Health Package (10 CS)	\$480 at \$48/CS	(20% OFF; SAVE \$120)
Optimal Health Package (10 CS + 10 Yoga Classes + 3 Fitness CS)	\$640 at \$38/CS	(25% OFF; SAVE \$210)

FITNESS COACHING:

Physical fitness is a key component of health and wellness. KareBoost Personal Training builds a habit of fitness that fits easily into your lifestyle! It can be fun for **all ages**.

One on One Personal Training	\$40/session
Personal Training Package (4 Sessions)	\$130 (20% OFF; SAVE \$30)
Whole Family Personal Training	\$100/session

MASSAGE THERAPY & REIKI:

Reduce stress and alleviate muscle discomfort that can come with an active lifestyle. Take advantage of our massage therapy services to reduce stress and make active living all that much easier and enjoyable!

Reiki Session (45min)	\$40	
	<u>50 MIN</u>	<u>80 MIN</u>
Swedish	\$60	\$90
Deep Tissue	\$60	\$90
Reflexology	\$60	\$90
Sports Massage	\$60	\$90
Hot Stone Massage	\$70	\$110
Massage Package (3 Hrs)	\$150	(SAVE \$30)

YOGA & MEDITATION:

Yoga & Meditation bring balance to mind and body. Build flexibility and strength by participating in one of our yoga classes or private sessions!

Kids Yoga (<16yo)	\$10/Class, \$40 for 5 Classes
Drop in (1 class)	\$20 (\$15 w/Student ID/ Sr)
5 Pack	\$75 (25% OFF; SAVE \$25)
10 Pack	\$150 (25% OFF; SAVE \$50)
10 Pack Renewal	\$135 (33% OFF; SAVE \$65)
Unlimited Monthly Yoga Classes	\$110/mo (4mo auto-renew)
Private Lesson Adult	\$60/Session
Packages x5	\$250 (SAVE \$50)
x10	\$500 (SAVE \$100)
Private Lesson Kids	\$40
In Home Lessons	\$100
Friend's Referral	\$10 for Single Class