

# THE KB WAY PRICES & PACKAGES

<h3 style="margin: 0;">HEALTH COACHING PACKAGES:</h3> <ul style="list-style-type: none"> <li>Health, Medical, Nutrition &amp; Stress Reduction Coaching are available for <b>ALL AGES!</b></li> <li><b>ALL Packages</b> include <b>FREE</b> Initial Consultation with Dr. Karen</li> </ul> <p><b>Group Coaching Classes:</b> Kids \$10 Adults \$15 (24hr Pre-Registr)</p> <p><b>Phone/Skype Coaching:</b> \$25 (20 min) \$45 (40 min) \$65 (60 min)</p> <p><b>Individual Coaching Session (CS):</b> \$60/CS With Dr. Karen: \$90/CS</p> <p><b>Boost Health Package (5 CS)</b> \$255 at \$51/CS (<b>15% OFF; SAVE \$45</b>)</p> <p><b>Super Boost Health Package (10 CS)</b> \$480 at \$48/CS (<b>20% OFF; SAVE \$120</b>)</p> <p><b>Optimal Health Package (10 CS + 5 Yoga Classes)</b> \$505 at \$43/CS (<b>25% OFF; SAVE \$170</b>)</p>	<h3 style="margin: 0;">YOGA &amp; MEDITATION:</h3> <p>Yoga &amp; Meditation bring balance to mind and body. Build flexibility and strength by participating in one of our yoga classes or private sessions!</p> <table style="width: 100%; border: none;"> <tr> <td style="padding: 5px;">Kids Yoga (8-16yo)</td> <td style="text-align: right; padding: 5px;">\$10/Class, \$40 for 5 Classes</td> </tr> <tr> <td style="padding: 5px;">Drop in (1 class)</td> <td style="text-align: right; padding: 5px;">\$20 (\$15 w/Student ID/ Sr)</td> </tr> <tr> <td style="padding: 5px;">5 Pack</td> <td style="text-align: right; padding: 5px;">\$75 (<b>25% OFF; SAVE \$25</b>)</td> </tr> <tr> <td style="padding: 5px;">10 Pack</td> <td style="text-align: right; padding: 5px;">\$150 (<b>25% OFF; SAVE \$50</b>)</td> </tr> <tr> <td style="padding: 5px;">10 Pack Renewal</td> <td style="text-align: right; padding: 5px;">\$135 (<b>33% OFF; SAVE \$65</b>)</td> </tr> <tr> <td style="padding: 5px;">Unlimited Monthly Yoga Classes</td> <td style="text-align: right; padding: 5px;">\$110/mo (4mo auto-renew)</td> </tr> <tr> <td style="padding: 5px;">Private Lesson Adult</td> <td style="text-align: right; padding: 5px;">\$60/Session</td> </tr> <tr> <td style="padding: 5px;">Packages x5</td> <td style="text-align: right; padding: 5px;">\$250 (<b>SAVE \$50</b>)</td> </tr> <tr> <td style="padding: 5px;">Private Lesson Kids</td> <td style="text-align: right; padding: 5px;">\$40</td> </tr> <tr> <td style="padding: 5px;">In Home Lessons</td> <td style="text-align: right; padding: 5px;">\$100</td> </tr> <tr> <td style="padding: 5px;">Friend's Referral</td> <td style="text-align: right; padding: 5px;">\$10 for Single Class</td> </tr> </table>	Kids Yoga (8-16yo)	\$10/Class, \$40 for 5 Classes	Drop in (1 class)	\$20 (\$15 w/Student ID/ Sr)	5 Pack	\$75 ( <b>25% OFF; SAVE \$25</b> )	10 Pack	\$150 ( <b>25% OFF; SAVE \$50</b> )	10 Pack Renewal	\$135 ( <b>33% OFF; SAVE \$65</b> )	Unlimited Monthly Yoga Classes	\$110/mo (4mo auto-renew)	Private Lesson Adult	\$60/Session	Packages x5	\$250 ( <b>SAVE \$50</b> )	Private Lesson Kids	\$40	In Home Lessons	\$100	Friend's Referral	\$10 for Single Class
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<h3 style="margin: 0;">REIKI:</h3> <p>Reiki is a Japanese energy technique for stress reduction and relaxation that also promotes healing through activating the parasympathetic nervous system to heal and calm the body and the mind. To sample Reiki, check out our Yoga with Reiki Class!</p> <table style="width: 100%; border: none; margin-top: 20px;"> <tr> <td style="padding: 5px;">Reiki Session (45min)</td> <td style="text-align: right; padding: 5px;">\$40</td> </tr> </table>	Reiki Session (45min)	\$40	<h3 style="margin: 0;">YOGA WORKSHOPS:</h3> <p>Yoga Workshops are intermittently scheduled to provide more focused and informative sessions about various topics for our yoga students. <b>All Level Yoga Students are Welcomed!</b></p> <table style="width: 100%; border: none; margin-top: 20px;"> <tr> <td style="padding: 5px;">1 Workshop (Walk-ins)</td> <td style="text-align: right; padding: 5px;">\$60</td> </tr> <tr> <td style="padding: 5px;">1 Workshop (&gt;1 WK PRIOR)</td> <td style="text-align: right; padding: 5px;">\$50 (<b>SAVE \$10</b>)</td> </tr> <tr> <td style="padding: 5px;">3 Workshop Series (DISCOUNTED)</td> <td style="text-align: right; padding: 5px;">\$150 (<b>SAVE \$30</b>)</td> </tr> </table>	1 Workshop (Walk-ins)	\$60	1 Workshop (>1 WK PRIOR)	\$50 ( <b>SAVE \$10</b> )	3 Workshop Series (DISCOUNTED)	\$150 ( <b>SAVE \$30</b> )														
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