



OUR MEMBERSHIP PLANS

FULL MEMBERSHIP

1 MONTH \$250/month \$250	3 MONTHS \$225/month \$675	6 MONTHS \$190/month \$1,140
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3 CLASSES/WEEK MEMBERSHIP

1 MONTH \$180/month \$180	3 MONTHS \$155/month \$465	6 MONTHS \$135/month \$810
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2 CLASSES/WEEK MEMBERSHIP

1 MONTH \$130/month \$130	3 MONTHS \$110/month \$330	6 MONTHS \$100/month \$600
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1 CLASS/WEEK MEMBERSHIP

1 MONTH \$100/month \$90	3 MONTHS \$80/month \$240	6 MONTHS \$70/month \$420
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ONE TIME CLASS **\$25**

OUR AYURVEDA SERVICES

ABYHANGA FULL BODY	60mins	POULTICE MASSAGE (Powder)	40mins
Single session	\$120	Single session	\$90
Package of 10	\$1080	Package of 10	\$810
ABYHANGA FULL BODY + SHIRODHARA	100mins	CELLULITE AND WATER RETENTION OIL MASSAGE	45mins
Single session	\$150	Single session	\$85
Package of 10	\$1350	Package of 10	\$765
ABYHANGA UPPER BODY	45mins	UDWARTANA	45mins
Single session	\$80	Single session	\$90
Package of 10	\$720	Package of 10	\$810
KATI VASTI/JANO VASTI/HEART VASTI	40mins	NASYA	15mins
Single session	\$75	Package of 10	\$330
Package of 10	\$675		
KATI VASTI/JANO VASTI/HEART VASTI	40mins	FACIAL TREATMENT	40mins
Single session	\$75	Single session	\$75
Package of 10	\$675	Package of 10	\$675
SHIRODHARA (includes massage)	60mins	BODY SCRUB (includes massage)	60mins
Single session	\$120	Single session	\$120
Package of 10	\$1080	Package of 10	\$1080
PADA ABYHANGA	35mins	MASSAGE, BODY SCRUB AND FACIAL	90mins
Single session	\$65	Single session	\$140
Package of 10	\$585	Package of 10	\$1260



OUR PRIVATE SESSIONS

OCCUPATIONAL THERAPY w/ LARA CHAMOUN

Single session	\$60
Package of 10	\$540

OCCUPATIONAL THERAPY ASSESSMENT w/ LARA CHAMOUN

Single session	\$65
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COUNSELING w/ SARAH SABBAAH

Single session	\$65
Package of 10	\$585

PERSONAL TRAINING w/ FAHMI SHOUMAN

Single session	\$60
Package of 10	\$540

THETA HEALING w/ SAMER MILAN

Single session	\$120
Package of 10	\$1080

BREATHWORK w/ NAYLA NAKAD

Single session	\$120
Package of 10	\$1080

HYPNOTHERAPY w/ SAMER MILAN

Single session	\$150
Package of 10	\$1350

AWARENESS SESSION w/ NAYLA SAAB

Single session	\$50
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YOUTH COACHING w/ AYA BARAKAT

Single session	\$65
Package of 10	\$585

SUPPORT CIRCLE w/ NAYLA SAAB

Single session	\$30
Package of 10	\$270

WORKSHOPS w/ SARAH SABBAAH

Single session	\$65
Package of 10	\$585

AYURVEDIC CONSULTATION w/ NICOLE SELWAN

Single session	\$90
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HANGOUT

Single session	\$25
Package of 10	\$225

FOR THE ACTIVITIES BELOW, PRICES WILL BE COMMUNICATED PER EVENT

PARTIES	FUN DAY
SOLE SEARCHING (hikes)	RETREATS