

# Face Yoga and Yoga Pricing

(Contact for any special requests not listed below)

## In Person or Virtual Face Yoga Party!

(Contact for in person parties in NC, \*travel cost not listed below)

- \$20 per person, 4 person minimum
- 45-60 min
- Learn how and why Face Yoga works
- Learn a Face Yoga routine
- Learn aging habits to avoid
- Q&A
- HAVE FUN!!

## In Person or Virtual Yoga Classes

(Contact for final pricing, \*travel cost not listed below)

- \$15 per person, 4 person minimum

## Ultimate Face Yogi Package! \$450USD

- 1-1 custom Face Yoga Sessions with me for 30 days, 5 days a week
- Access to me for questions/support
- 30 Aging Habits to Avoid
- 2 Written Programs/Optional Video
- Optional Nutritional Guidance
- Optional Lesson on Kinesiology tapping for face

## 5-Week Challenge \$300USD

- Custom Routine
- Weekly Calls/Modifications
- Written Program/Optional Video
- 30 Aging Habits to Avoid

## 1 Session Plus 10 min Program \$50USD

- Custom 10 min Written Routine/Optional Video
- Includes Training Call
- 30 Aging Habits to Avoid

\*\*\$22 USD for additional Face Yoga video calls

## Session Bundles

- 1 Face Yoga Session \$25USD
- 2 Face Yoga Sessions \$40USD
- 5 Face Yoga Sessions \$100USD

\*\*Sessions facilitated on Zoom, Face Time, or WhatsApp and are 15-20 min