

The Ojas Package



In Sanskrit, ojas means vitality. Do you need support with lifestyle changes or work/life balance? Bring vitality to your body, mind, and spirit through a combination of holistic health coaching, private yoga sessions, and soul sessions. If you're ready for a renewed sense of energy in your life, this is the package for you.

Included each month (one session per week):

- *2 Health Coaching sessions – 60 minutes each*
- *1 Private Yoga session – 45 minutes*
- *1 Soul session – 30 minutes*

Total commitment - \$200 per month

**Would you like to explore ojas as a pair? Add a second person for \$100*

