

# Yoga Pilates Massage

for everyone . . .



## STUDIO RATES

### REMEDIAL/ THERAPEUTIC MASSAGE

1 hour .....	\$80.00
1 1/2 hours .....	\$110.00

### KA HUNA (HAWAIIAN) MASSAGE

1 hour .....	\$100.00
1 1/2 hours .....	\$135.00

### SWEDISH/RELAXATION MASSAGE

1 hour .....	\$80.00
1 1/2 hours .....	\$110.00
Legs - 1/2hr .....	\$50.00
Back & Neck - 40mins .....	\$70.00

### PREGNANCY MASSAGE

1 hour .....	\$80.00
--------------	---------

### CRANIOSACRAL THERAPY (CST)

1 hour .....	\$75.00
--------------	---------

### REFLEXOLOGY

Foot Treatment including Foot Bath - 1 hour .....	\$80.00
---	---------

### BOWEN THERAPY

1st Treatment .....	\$55.00
Subsequent Visits .....	\$45.00

### EAR CANDLING

Using Hopi Indian style candles - 30mins .....	\$35.00
--	---------

### PRIVATE YOGA & PILATES CLASSES

**1 HOUR FROM \$75**

(STUDENT NUMBERS LIMITED - PLEASE CONTACT KERRI FOR MORE INFO)

### MOBILE RATES AVAILABLE ON REQUEST

Kerri Wild - member SYTA & ATMS

**T 4455 6600 • M 0418 429988**

**lotus@shoal.net.au**

**www.yogaandmassage.com.au**

health rebates - gift vouchers - mobile visits