

BRANDI MATHESON YOGA & MINDFULNESS

Private Yoga/Meditation/Mindfulness Sessions (tailored to your own needs)

**Taxes included*

**Travelling expenses will apply to anywhere outside of the Abbotsford area*

FREE 30 Minute Consult!

One on One

\$75 for one hour session in your home

\$65 for multiple one hour sessions in your home

Couples (2 people of any relationship)

\$95 for one hour session in your home

\$85 for multiple one hour sessions in your home

Groups (3 people or more)

\$125 for one hour session in your space/workplace

\$115 for multiple sessions in your space/workplace

Mindfulness Based Individualized Programs

**All sessions are 90 Mins once a week for 4-8 weeks. Sessions take form in teaching, dialogue, guided meditations, mindful movement and awareness building activities. You are given daily home practice assignments designed to nurture and support a daily meditation, movement and mindfulness practice.*

\$360 for 4 weeks (for up to two people)

\$510 for 6 weeks (for up to two people)

\$640 for 8 weeks (for up to two people)

Finding stillness in movement...

