



YOGA

Membership fee per month (can be cancelled monthly)	90 €/mtl.
10 course card - á 60 minutes (valid 4 months)	175 €
Individual lesson - á 60 minutes	20 €
Single lesson - á 60 minutes (online)	12 €
5 course card - á 60 minutes (online)	56 €
10 course card - á 60 minutes (online)	110 €
Trial lesson - á 60 minutes	free
Business Yoga for companies	by arrangement
Private lesson - á 60 minutes	90 €
Private lesson - á 90 minutes (yoga therapy, pregnancy preparation and support)	125 €

YOGA FOR STUDENTS (UP TO 27 YEARS OF AGE)

Membership - 1 month (can be cancelled monthly)	70 €/mtl.
10 course card - á 60 minutes (valid 4 months)	150 €
Individual lesson - á 60 minutes	16 €
Single lesson - á 60 minutes (online)	10 €
5 course card - á 60 minutes (online)	48 €
10 course card - á 60 minutes (online)	90 €
Trial lesson - á 60 minutes	free

MEDITATION

SOM Meditation (Thursday & Sunday evenings) **free**

LIFE IN BALANCE COACHING

Initial meeting to get to know each other **free**

Meditation & Breathing **by arrangement**

SOM-Coaching **by arrangement**

Corporate Coaching **by arrangement**

AYURVEDIC MESSAGES

Full body massage - 60 minutes including rest time **89 €**

5-ticket - à 60 minutes including rest time **420 €**

10er card - à 60 minutes including rest time **830 €**

5-ticket - à 45 minutes including resting time **79 €**

5er-Karte - à 45 Minuten inklusive Ruhezeit **375 €**

10er card - à 45 minutes including rest time **740 €**

AYURVEDIC HEALTH CONSULTATION

Health consultation approx. 90 minutes **160 €**
(Incl. determination of constitution, creation of a personal health plan)

Follow-up appointment approx. 45 minutes **75 €**

Health consulting for companies **by arrangement**

Detox consulting **90 €**

ROOM RENTAL

Large yoga room - 70 sqm

Incl.use of kitchenette, changing rooms, sanitary facilities, seating, additional costs, plus final cleaning

220 € /day

By the hour on request

Small yoga room -21 sqm

Incl.use of changing rooms, sanitary facilities, seating, additional costs, plus final cleaning

100 € / day

By the hour on request

Both premises are very well suited for:

Workshops, events & coachings

Technology such as beamer, screen, flipchart etc. is available and can be rented on request