



MIND/BODY Personal Training



September 17 - 28, 2009

In a private mind/body personal training session, your needs will be discussed and assessed. From this, an individual practice of postures, positions and breathing will be developed and taught. Individual needs to be considered might include general health, specific injuries or conditions, age, strength, flexibility and life circumstances.

Additional reasons to consider private training are:

- Privacy
- Personal attention
- Development of a personal practice for your individual needs
- Specific therapeutic benefits for injury, illness, stress and emotional difficulties

Private lessons may also include two or three people and are a great way to learn with a partner or a friend.

Current Rates (per session): (all sessions are 55 minutes)

Advance payment required for all sessions and packages.

10% Savings applied to current rates at time of purchase.

One-on-One Training - Private training. (Current rates)

Package Size:	1 session	5 sessions	10 sessions
Cost/Session:	\$62	\$ 57	\$ 52
Total Pkg Cost:	\$62	\$285	\$520

Semi-Private Training - Two-to-three. (Current rates)

Package Size:	1 session	5 sessions	10 sessions
Cost/Session:	\$90	\$ 85	\$ 80
Total Pkg Cost:	\$90	\$425	\$800
Per Person for 2:	\$45	\$213	\$400
Per Person for 3:	\$30	\$142	\$267

Appointments:

Hazard Center: 619-298-3576, ext. 2203

Toby Wells: 858-496-9622, ext. 3012