

Body Awareness Package Price List

404-252-7550

www.BodyAwarenessStudio.com

Package Type	Price	Average Per Session
<u>New Client Offer</u>		
3 Private sessions	\$220	One time purchase
<u>Pilates or Core Align Private</u>		
1 Session (pay as you go)	\$100	\$100
5 Session Series	\$450	\$90
10 Session Series	\$850	\$85
<u>Pilates Semi-Private</u>		
1 Session (pay as you go)	\$55	\$55
5 Session Series	\$255	\$51
10 Session Series	\$490	\$49
<u>Apprentice Sessions</u>		
1 Private Session (pay as you go)	\$70	\$70
10 Private Sessions	\$500	\$50
1 Semi-Private Session (pay as you go)	\$40	\$40
10 Semi-Private Sessions	\$350	\$35
<u>Combination Packages</u>		
5 Private Sessions & 5 Semi-Private Sessions	\$670	\$85 Private & \$49 Semi-Private
5 Private Sessions & 5 Group Reformer Classes	\$600	\$85 Private & \$35 Group Reformer
5 Semi-Private Sessions & 5 Group Reformer Classes	\$420	\$49 Semi-Private & \$35 Group Reformer
<u>Privates (w/ Leslie Clayton or Theresa Pride)</u>		
Embodied Pilates Private Session w/Leslie	\$135	\$135
5 Embodied Pilates Private Sessions w/Leslie	\$625	\$125
10 Embodied Pilates Private Sessions w/Leslie	\$1200	\$120
Breath & Energy Exercise Private Session w/Leslie	\$135	\$135
Mashing Private Session w/Leslie	\$135	\$135
Resistance Stretching Private Session w/Leslie	\$150	\$150
<u>Semi-Privates (2 people) (w/ Leslie Clayton or Theresa Pride)</u>		
Embodied Pilates Semi-Private Session	\$65	\$65
5 Embodied Pilates Semi-Private Sessions	\$300	\$60
10 Embodied Pilates Semi-Private Sessions	\$575	\$57.50
<u>Open Studio (1 hour) personal practice</u>		
	\$20	\$20

Aligning the Body

Educating the Mind

Opening the Heart

Activating Spirit

Account Option

The account payment option allows clients to prepay a certain amount of funds, which are loaded into their Mindbody account. Instead of buying a package, which is limited to a specific type of session and instructor, having an account balance allows for payment to be easily applied for any kind of session or instructor. Account options include **1)** prepaying \$1000 for individual rates equal to the average price per session of any 5-pack (for example, a client who has loaded \$1000 onto their account would pay only \$125 for a private session with Leslie, rather than the regular rate of \$135) and **2)** prepaying \$2000 for individual rates equal to the average price per session of any 10-pack (for example, a client who has loaded \$2000 onto their account would pay only \$120 for a private session with Leslie, rather than the regular rate of \$135).

Body Awareness Services

PILATES PRIVATE, SEMI-PRIVATE SESSIONS (\$100 - \$49)

The Pilates Method is known for creating balanced muscle development with excellent breathing and postural habits. The unique spring tension strengthens the core muscles as well as increases the length and flexibility of the entire body. Private Pilates sessions are the best way to lay the foundation for a successful Pilates practice. Private and Semi-Private sessions are used to personalize your Pilates experience for your individual needs.

CORE ALIGN PRIVATE SESSIONS (\$100 - \$85)

The Core Align improves posture, balance and functional movement unlike anything else! Clients at all fitness levels will feel the difference after one session. The CoreAlign method stimulates core stability muscles to fire in perfect timing while performing challenging exercises, deep stretches and core controlled aerobic training. The method is used for musculoskeletal rehabilitation, performance enhancement and as a regular sport for a healthy lifestyle.

PRIVATE SESSIONS w/ LESLIE CLAYTON (\$150 - \$120)

Embodied Pilates Private –Fine tune your Pilates practice with sensory awareness skills. Discover how to allow your breathing to free your spine while you reprogram your neuromuscular connections for physical strength and balance. Leslie Clayton has studied Pilates for over 27 years along with many forms of integrative body therapies. NOTE: These sessions may include: Pilates, mashing, resistance stretching, breath and energy exercises

Breath & Energy Exercise Private – Breath & Energy Exercise Private sessions utilize a unique blend of breath, movement and conversation to rebalance the nervous system and activate your brain for more health and happiness.

Mashing- This unique body work will release, open and rehydrate the body's fascia. It helps the body recover after working out and helps bring blood flow to areas after long periods of inactivity. People feel looser and more relaxed after mashing.

Resistance Stretching – Discover freedom and empowerment while stretching the fascia system. When you stretch your fascia, you release toxic build up from emotional, mental and physical trauma. Reconnect with your body's intelligence with safe, effective strength and stretching techniques. Resistance stretching offers immediate, cumulative and permanent increases in flexibility. It takes the pain out of stretching and protects you from overstretching or stretching incorrectly which can cause injury.

PILATES TEACHER TRAINING

The Balanced Body at Body Awareness Pilates Teacher Training prepares you to be a confident and competent Pilates instructor. This course covers the traditional exercises developed by Joseph H. Pilates as well as therapeutic applications based on current research in sports medicine and biomechanics. Please visit our website or contact us for details.