



PRIVATE SESSION \$85/1 hour session

A one on one session utilizing various Pilates apparatus, in our private studio, tailored to each individual's needs and goals. Our instructors will monitor you closely and guide you through a full body workout, cueing and prompting you with detailed feedback as they adapt each exercise to your body and your goals.

THERAPEUTIC PRIVATE SESSION.. \$110/ 1 ½ HOUR SESSION

Therapeutic private sessions, with a certified physical therapist, are an hour and a half to allow for a full movement assessment that will address the specific needs of the client. Highly recommended for clients with injuries or chronic pain and for anyone who wishes to go deeper with the work or simply work at a slower pace.

SEMI-PRIVATE SESSION \$50 per person/ 1 hour session

Semi-private sessions are designed for two to three people, utilizing the Pilates apparatus and sharing the session's focus with a single instructor. Great option for couples and friends.

PRIVATE MAT CLASSES \$85/private mat class

One hour of flowing mat exercises choreographed to meet the needs and requests of the participants. By appointment in our beautiful oceanfront Yoga Shala or Pilates Studio. (up to 4 people)