

# Wellness Workshop HQ



*Creating Joy & Happiness*



## 2018 Fees for Individual 1-on-1 Session....

THE WELNESS SESSIONS	Price per 75 Minutes	Pay for 3 Sessions, get 10% off	Pay for 6 Sessions, get 20% off	Pay for 10 Sessions, get 30% off
GENTLE YOGA	\$90	\$81/session	\$72/session	\$63/session
RESTORATIVE YOGA DEEP RELAXATION	\$120	\$108/session	\$96/session	\$84/session
MENTORSHIP LIFE COACHING	\$120	\$108/session	\$96/session	\$84/session
CHRONIC PAIN COUNSELLING	\$120	\$108/session	\$96/session	\$84/session
<b>PERSONAL COUNSELLING</b> (charged per hourly)	<b>First session 90 mins \$130</b>	<b>Thereafter, \$120/hr</b>		

Most Extended Health Care Plans, ICBC cover counselling services of a RSW/MSW.

Ask for a complementary 20 minutes exploratory session or book an appointment directly.

**Book an appointment today!**

**Purnima Gosavi**

RSW/MSW, Counsellor, Yoga Therapist, Mentor

Mobile: (778) 316 - 6371 E-mail: [purnima@wellnessworkshophq.com](mailto:purnima@wellnessworkshophq.com)

Address: Unit 8, Radium Plaza, 7585 Main St W, BC, VOA 1M0

[www.wellnessworkshophq.com](http://www.wellnessworkshophq.com)

*You Gotta Nourish to Flourish*