

Wellness Workshop HQ



Creating Joy & Happiness



Fees for Individual 1-on-1 Sessions....

THE WELNESS SESSIONS	Price Per 75 minute Session	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
PERSONAL COUNSELLING	\$120	\$108/session	\$96/session	\$84/session

Most Extended Health Care Plans, ICBC will 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

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