



Nicole Andujar • (954) 662-8057 • pachamamista@gmail.com

CORPORATE YOGA CLASS RATES

60 Minute Yoga Classes

Extend Any Class to 90 Minutes for Just \$25 More

3-8 people

1 60-MINUTE CLASS	ONE CLASS		
Price/Class	\$100		
1 Class / Week	3 Months	6 Months	12 Months
\$ / Class	\$100	\$85	\$70
# / Classes	12	24	48
Total \$ / Month	\$400 / Month	\$340 / Month	\$280 / Month
2 Class / Week	3 Months	6 Months	12 Months
\$ / Class	\$85	\$70	\$60
# / Classes	24	48	96
Total \$ / Month	\$680 / Month	\$560 / Month	\$480 / Month

9-14 people

1 60-MINUTE CLASS	ONE CLASS		
Price/Class	\$125		
1 Class / Week	3 Months	6 Months	12 Months
\$ / Class	\$105	\$90	\$75
# / Classes	12	24	48
Total \$ / Month	\$420 / Month	\$360 / Month	\$300 / Month
2 Class / Week	3 Months	6 Months	12 Months
\$ / Class	\$90	\$75	\$65
# / Classes	24	48	96
Total \$ / Month	\$720 / Month	\$600 / Month	\$520 / Month

15+ people (Rates per Person)

1 60-MINUTE CLASS	ONE CLASS		
Price/Class	\$8 / Person		
1 Class / Week	3 Months	6 Months	12 Months
\$ / Class	\$7 / Person	\$6 / Person	\$5 / Person
# / Classes	12	24	48
Total \$ / Month	\$28 / Person	\$24 / Person	\$20 / Person
2 Class / Week	3 Months	6 Months	12 Months
\$ / Class	\$6 / Person	\$5 / Person	\$4 / Person
# / Classes	24	48	96
Total \$ / Month	\$48 / Person	\$40 / Person	\$32 / Person



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THAI MASSAGE RATES

Thai Massage

Individual Massages offered

Traditional Thai Massages are 90 to 120 minutes.

60-MINUTE Thai Massage	\$80
90-MINUTE Thai Massage	\$110
120-MINUTE Thai Massage	\$140

Policies

Preparation for your appointment

Because of the deep stretches and varying body positions involved, Thai Yoga Massage is best performed on an empty stomach. Please allow at least an hour, and preferably 2 to 3 hours between your last meal and your massage appointment.

If possible, try not to schedule anything right after your session.
Allow yourself some downtime to reap the full benefits of your massage.

Please turn off your cell phone upon entering the office.
Please avoid wearing strongly-scented body products.
Please refrain from using alcohol or drugs prior to your massage appointment.
Please arrive to your session in good hygiene and cleanliness.

Please do not schedule a massage if you have an acute or contagious illness.
Massage can often exacerbate symptoms, and puts myself and my other clients at risk of infection.

Client - Therapist Relationship

My massage practice is strictly therapeutic and my relationship with clients is strictly professional. Sexual or inappropriate behavior will not be tolerated and the session will be immediately terminated and charged in full.

Cancellation

Our time together is important. If you must cancel your appointment and it is not an emergency, please give at least 12 hours notice.
Late cancellations and no-shows will be charged full price.

Arriving Late

If you arrive late for an appointment, the remaining time will be used to its best advantage.

Payment

I accept cash and personal checks. Returned checks are subject to a \$25 fee.



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ABOUT THAI MASSAGE

Thai Yoga Massage is a therapeutic and nurturing form of bodywork. It fluidly incorporates deep muscle pressure, assisted yoga-like stretches, acupressure, joint mobilization, and energy work.

Thai Yoga Massage helps relieve tension and clear energy blockages, bringing the client a greater sense of relaxation and well-being. The ancient healing art of Thai Yoga Massage has been practiced for over 2,500 years to maintain health and vitality.

Thai Yoga Massage is practiced with the client wearing comfortable clothing on a cushioned futon-like mat.

Thai Yoga Massage sessions are typically 90 to 120 minutes.

History of Thai Yoga Massage

Thai Yoga Massage has its roots in Ayurveda and Buddhist spiritual practices. Dating back 2,500 years, folk legend attributes the founding of this healing art to an Indian doctor named Jivaka Kumar Bhaccha, personal physician to the Buddha. These teachings traveled through Asia with Buddhism, arriving in Thailand, where it has been practiced ever since.

“The body is precious. It is our vehicle for awakening.
Treat it with care.”
—Buddha

Metta in Motion

“In Thailand, this work was traditionally practiced in temples and regarded as a spiritual practice, a way to cultivate the four divine states of Buddhist practice, Metta (loving kindness), Karuna (compassion), Mudita (sympathetic joy), and Upekkha (non-prejudice). It is regarded as a practical application of Metta and is also very much a meditation practice.”
—Saul David Raye, Thai Yoga Massage instructor

Energy Work

The Thai Massage system is based on the flow of vital energy (lom) through energy pathways (sen). The Thai Yoga Massage practitioner uses palms, thumbs, elbows, forearms and feet to stimulate and balance the flow of energy along these pathways. This helps to harmonize body, mind and spirit, thus creating a deep sense of relaxation and well-being.

Breath

Just like with yoga asana practice, incorporating deep mindful breathing into your Thai Yoga Massage session will powerfully enhance your experience. Breath awareness encourages deeper relaxation of body and mind, and strengthens the effects of Thai Yoga Massage.