

DESK YOGA

| Offering | Duration | Includes | Investment |
|---|---|--|---------------------------------------|
| Bespoke Desk Yoga Consultation & Custom Plan | 30 min + 30-min follow-up | Private 1:1 session to assess posture, physical tension, and stress levels. Includes a customized Desk Yoga plan plus one 30-minute guided follow-up practice session. | CHF3,000 |
| Additional Follow-Up Session | 30 min | Additional guided Desk Yoga practice session. | CHF250 |
| Guidance Consultation | 30 min | Introductory session to assess needs and recommend next steps. No custom plan or follow-up included. | CHF300 |
| Couple's Balance Experience | 30-min consultation + 45-min session | Private consultation followed by a tailored Desk Yoga and breathwork experience designed to foster connection, relaxation, and shared well-being. | CHF1000 |
| Team Desk Yoga Experience | 30-min consultation + 45-min session | Pre-session consultation and an engaging Desk Yoga session focused on stress reduction, posture improvement, productivity, and team well-being. | CHF1500 (up to 8 participants) |
| Additional Team Party Participant | — | Per person beyond 8 participants. | CHF75 per person |

For all **room** bookings, an additional **150CHF** will be added to the listed price.

Travel Terms for Desk Yoga Sessions

For all sessions requiring travel, the following conditions apply:

1. **Travel Fee:** A flat **additional charge** will be applied for all sessions requiring travel:
 - **Local Travel (Within 50 km of my location)** CHF 200
 - **Regional Travel (51–150 km from my location):** CHF 500
 - **Long-Distance Travel (151+ km):** CHF 700
 - **International Travel (Europe):** CHF 2,000 per travel day
 - **International Travel (Intercontinental – e.g., Dubai, US, Asia):** CHF 10,000 per travel day

2. **Accommodation:** If an overnight stay is required, accommodation costs will be the responsibility of the client and billed at cost. CHF 500/night

3. **Cancellation Policy:**
 - **Up to 72 hours prior to the session in Zurich area or online:** Clients can cancel for a **full refund**.
 - **Within 72 hours:** Cancellations made within 72 hours of the scheduled session will incur a **100% charge** of the total booking price, including any travel fees.
 - **Up to 14 days prior to the long distance session:** Clients can cancel for a **full refund**.

4. **Payment:**
 - **30 days before** the scheduled event for long distance sessions. All payments can be made via bank transfer, credit card, or PayPal.
 - **At least 72** hours prior to the session, whether online or in person (local/regional)