

Emily Nester

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EMILY NESTER
WORKSHOPS & YOUTH YOGA SERVICES

PERSONAL WELLBEING PURPOSES

Massage = \$70 p/h

Reiki = \$70 p/h

Mobile Massage = \$75

1 Hour Personal Yoga Session = \$75

10* 1.5 Hour Personal Yoga Sessions = \$500

ORGANISATION AND REFERRAL PURPOSES approx. \$100 p/h

Massage in residential care settings, Youth, Disability, Aged or Rehabilitation Day Programs

Considerations for costing = Approximately \$100 p/h quotes may vary for individual requests due to risk, time, briefing, set up and pack down time during if a number of massages are being provided.

'In House' Yoga Sessions = I am committed to working with you to achieve your goals. I believe in Yoga & Massage for the treatment and maintenance of health and wellbeing so contact me for uniquely designed courses to suit your budget and goals, whatever the budget, whatever the barriers whatever the goal.