

# THAI-YOGA THERAPY RATES

## ESSENTIALS

### **\$225 | First-Time Session**

(includes consultation and general assessment)

### **\$175 | Single Session**

(ongoing rate after initial consultation)

### **\$770 | Five-Day Protocol**

(5 consecutive sessions in 5 days)

## PACKAGES

### **\$500 | 3 Session Package**

(expires in 4 weeks)

### **\$5830 | 5 Session Package**

(expires in 6 weeks)

### **\$1,640 | 10 Session Package**

(expires in 12 weeks)

**Note:** When purchasing any package, the consultation fee is waived.

## SPECIAL SERVICES

### **\$100 | Prenatal/Postnatal**

#### **Thai-Yoga Therapy**

Single session. (45-60 Minutes)

### **\$60 | Chair Thai-Yoga Therapy**

Single session. (20-30 minutes)

### **\$60 | Foot Thai-Yoga Flow**

Single session. (45-60 minutes)

## NEED ANSWERS?

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# THAI-YOGA THERAPY ETIQUETTE

- STAY HYDRATED BY DRINKING PLENTY OF WATER THE DAY BEFORE AND AFTER YOUR SESSION.
- ARRIVE 7–10 MINUTES BEFORE YOUR SCHEDULED APPOINTMENT TIME.
- PLAN TO COME WITH AN EMPTY STOMACH OR AFTER A LIGHT MEAL.
- WEAR CLOTHING MADE FROM NATURAL FIBERS, SUCH AS COTTON, LINEN, OR SILK. CHOOSE LOOSE-FITTING GARMENTS LIKE SWEATPANTS AND A LONG-SLEEVE T-SHIRT. BRING SOCKS. AVOID SHORTS, HOODIES, OR SWEATSHIRTS WITH STRINGS, AS WELL AS CLOTHING MADE FROM LYCRA OR POLYESTER. ENSURE YOUR PANTS ARE FREE OF ZIPPERS.
- TURN OFF ALL TECHNOLOGY AND REMOVE JEWELRY, CONTACTS, AND GLASSES DURING THE SESSION.
- REFRAIN FROM WEARING PERFUME, DEODORANT, COLOGNE, OR BODY LOTION. ESSENTIAL OILS ARE ACCEPTABLE IF THEY ARE PURE.
- BE AWARE THAT YOUR HAIR MAY GET MESSY DURING THE SESSION. BRING A BRUSH IF NEEDED AFTERWARD.
- AT THE END OF EVERY THAI-YOGA SESSION, THERE IS A RESTING PERIOD CALLED "SAVASANA." YOU WILL BE GENTLY ALERTED WHEN IT IS TIME TO RECOVER. PLEASE REMAIN ON THE MAT AND ALLOW YOUR BODY AND MIND TO FULLY REST.
- SESSIONS END WITH A LIGHT CHAT.