



Fertility Yoga Packages and Price List

We recommend to begin yoga exercises at least two to three months prior to either ovarian stimulation and/or fresh/frozen cycle. Ideally, 4 months prior for maximum results if time avails.

For couples trying for natural conception who have not started assisted reproductive treatments or are in between their treatments, it is recommended to start as soon as they can for a minimum of 3 months.

Four Month Package Treatment

- First session will be roughly 16 weeks prior to a planned egg collection.
- Option A: Two 60min sessions per week. Total of 30 classes.
- Option B: Two 90min sessions per week. Total of 30 classes.
- Option C: One 90min session per week. Total of 15 classes.
- Sessions will be split between mindfulness activities, breathing exercises and yoga asana (posture) flows depending on the requirements of the individual clients.
- Sessions can be either single or couples. \$50 extra for couple's session per class.

Four months package prices:

Option A: \$2400(\$80 per class)

Option B: \$2700(\$90 per class)

Option C: \$1500(\$100 per class)

Three Month Package Treatment

- First session will be roughly 12 weeks prior to planned egg collection.
- Option A: Two 60min sessions per week. Total of 24 classes.
- Option B: Two 90min sessions per week. Total of 24 classes.
- Option C: One 90min session per week. Total of 12 classes.
- Sessions will be split between mindfulness activities, breathing exercises and yoga asana (posture) flows depending on the requirements of the individual clients.
- Sessions can be either single or couples. \$50 extra for couple's session per class.

Three months package prices:

Option A: \$2160(\$90 per class)

Option B: \$2400(\$100 per class)

Option C: \$1440(\$120 per class)

Two Month Package Treatment

- First session will be roughly 8 weeks prior to planned egg collection.
- Option A: Two 60min sessions per week. Total of 16 classes.
- Option B: Two 90min sessions per week. Total of 16 classes.
- Option C: One 90min session per week. Total of 8 classes.
- Sessions will be split between mindfulness activities, breathing exercises and yoga asana (posture) flows depending on the requirements of the individual clients.
- Sessions can be either single or couples. \$50 extra for couple's session per class.

Two months package prices:

Option A: \$1600(\$100 per class)

Option B: \$1920(\$120 per class)

Option C: \$1040(\$130 per class)

One Month Package Treatment

- First session will be roughly 4 weeks prior to planned egg collection.
- Option A: Two 60min sessions per week. Total of 8 classes.
- Option B: Two 90min sessions per week. Total of 8 classes.
- Option C: One 90min session per week. Total of 4 classes.
- Sessions will be split between mindfulness activities, breathing exercises and yoga asana (posture) flows depending on the requirements of the individual clients.
- Sessions can be either single or couples. \$50 extra for couple's session per class.

One month package prices:

Option A: \$880(\$110 per class)

Option B: \$1040(\$130 per class)

Option C: \$560(\$140 per class)

Special Introductory Package

- Valid for 4 weeks from date of purchase.
- Valid for first timers only.
- Option A: Three 60min sessions. Total of 3 classes.
- Option B: Three 90min sessions. Total of 3 classes.
- Sessions will be split between mindfulness activities, breathing exercises and yoga asana (posture) flows depending on the requirements of the individual clients.
- Sessions can be either single or couples. \$50 extra for couple's session per class.

Introductory package prices:

Option A: \$240(\$80 per class)

Option B: \$300(\$100 per class)



Fertility Yoga Packages and Prices Summary

Package Summary	4 months	3 months	2 months	1 month
Option A (2x 60min class p/w)	\$2400	\$2160	\$1600	\$880
Option B (2 x 90min class p/w)	\$2700	\$2400	\$1920	\$1040
Option C (1 x 90min class p/w)	\$1500	\$1400	\$1040	\$560