

# PRICING

**First 3 Sessions:**  
ASSESS-EXERCISE-REVIEW  
\$275

**Each Additional Wellness Session:**  
\$75 each or 6 for \$400

**Individual/Small Group Tai Chi Lessons:**  
(1-3 people)  
\$30/hr

**Group Tai Chi Classes:**  
Contact me for more information about current class locations and cost.

Cash or checks are accepted at time of service, pricing reflects a 1 hour session length.