



Simply Health
Corporate Wellness Services

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Schedule of Fees 2009

For

Self Improvement and Stress Management Services



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Tel: 011 8806064 --- www.yoga.co.za

Service	Cost
<p>Short Interventions 20 – 45 min</p> <ol style="list-style-type: none"> 1. Office Exercise: <i>Various applications such as releasing neck, shoulder and lower back tension</i> 2. Relaxation Technique: <i>Ideal for reducing stress. Has special applications for excellent trauma resolution</i> 3. Meditation: <i>Develops concentration, memory and other mind power tools. Also applied for relaxation.</i> 4. Short Talk: <i>Inspirational, motivational, and educational.</i> 	<p style="text-align: right;">😊 R 1 500</p> <p style="text-align: center;">Each Intervention</p>
<p>Medium Interventions 1 – 2 hrs</p> <ol style="list-style-type: none"> 1. Lectures: <i>Detailed talks on topics related to the application of yoga within the corporate.</i> 2. Yoga Class: <i>A fully integrated yoga class of stretching, breathing and relaxation technique</i> 3. Mind Power Techniques: <i>Specific techniques to develop the creative mind, concentration and memory</i> 4. Stress Release: <i>A combined program of talks and practical techniques to release stress.</i> 	<p style="text-align: right;">😊 R 2250</p> <p style="text-align: center;">Each Intervention</p>
<p>Detailed Presentations</p> <p><i>Preparation Time: This involves the preparation of handouts, gift packs, meals and any other arrangements required beforehand. Charged at an hourly rate and usually 4 – 6 hours depending on the event</i></p> <ol style="list-style-type: none"> 1) Half Day Workshop 4 hours (does not include venue or lunch) 2) Full Day Workshop 8 hours (does not include venue or lunch) 	<p style="text-align: right;">R 750 per hour</p> <p style="text-align: right;">😊 R 4 000</p> <p style="text-align: right;">😊 R 7 000</p>

Service	Cost						
<p>Private Consultations: Available in your own home, in the office or on location at the Satyam Yoga School in Melrose.</p> <ul style="list-style-type: none"> Initial Consultation of 2 hours: <i>includes discussion and assesment with a full yoga class and yoga nidra.</i> Private Class: Normally a full class will require 1 ½ hours and the fee reflects a discount on the hourly rate Hourly Rate: applicable for one hour classes 	<p>R550 R400 ☺ R 300</p>						
<p>Travel Time: <i>Only applicable if the location is outside of the Johannesburg CBD and Sandton Business District .</i></p>	<p>R 200 per hour</p>						
<p>Mileage Surcharge: <i>Only applicable if the location is outside of the Johannesburg CBD and Sandton Business Districts</i></p>	<p>R2.60 a klm</p>						
<p>Venue Hire: <i>The Satyam Yoga School is located in Rosebank and capable of accomodating 15 – 20 persons for half and full day presentations. Rates are per person and include lunch. For day rates please enquire by email</i></p> <p>Gift Pack: <i>Contains the items below with handouts for workshop</i></p> <table border="0"> <tr> <td>a) Relaxation Technique (audio recording)</td> <td>Retail Value R170</td> </tr> <tr> <td>b) Beginners Yoga Class (audio recording)</td> <td>Retail Value R170</td> </tr> <tr> <td>c) Voucher for free access to yoga classes</td> <td>Retail Value R200</td> </tr> </table>	a) Relaxation Technique (audio recording)	Retail Value R170	b) Beginners Yoga Class (audio recording)	Retail Value R170	c) Voucher for free access to yoga classes	Retail Value R200	<p>R 300 pp R 400 pp</p>
a) Relaxation Technique (audio recording)	Retail Value R170						
b) Beginners Yoga Class (audio recording)	Retail Value R170						
c) Voucher for free access to yoga classes	Retail Value R200						
<p>Discounts: <i>The following discount rates apply to short and medium interventions only if paid in advance</i></p> <table border="0"> <tr> <td>5-10 consecutive sessions of one package</td> <td>10%</td> </tr> <tr> <td>11-20 consecutive sessions of one package</td> <td>15%</td> </tr> <tr> <td>21 + consecutive sessions of one package</td> <td>20%</td> </tr> </table>	5-10 consecutive sessions of one package	10%	11-20 consecutive sessions of one package	15%	21 + consecutive sessions of one package	20%	
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<p>Symbols: When ever one of the icons below is seen next to a fee it indicates the following conditions.</p> <p>☺ These fees include travel and preparation time within Johannesburg CBD and Sandton district</p> <p>☹ These fees do not include travel time or the mileage surcharge if it is applicable</p>							