

## 06 WELLNESS PRICE LIST

### YOGA INSIDE AND OUT

TABLE MOUNTAIN YOGA EXPERIENCE	(HALF DAY)	2140
PRIVATE YOGA CLASS	(60 MINUTES)	1000
COUPLES YOGA	(60 MINUTES)	1800

### SMALL GROUP YOGA

GROUPS OF 3-10	(60 MINUTES)	3500
GROUPS OF 11-20	(60 MINUTES)	4500
GROUPS OVER 21	PLEASE ASK FOR QUOTE	

### YOGA AND SPA EXPERIENCES

TABLE MOUNTAIN SPA DAY	(HALF DAY)	3840
YOGA BLISS DAY	(HALF DAY)	4300
YOGA AND SPA	(120 MINUTES)	2000

### TAILORED FITNESS

FITNESS ASSESSMENT	(60 MINUTES)	350
PERSONAL TRAINING	(60 MINUTES)	400