

WHOLISTIC BALANCE is a full-featured Pilates Studio located at the Farmhouse.  
All classes held in the Olive Branch Studio.

## Spa at Farmhouse



### Wholistic Balance Group Class Schedule & Rates

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Yoga is available w/Carol Hince for Private or groups of 4 or more. <b>***pre-registration required</b>	8-9am Core Stretch n Strengthen w/Michelle Rutherford <b>***pre-registration required</b>	8:30-9:30 Pilates w/Paula Reynolds  *Yoga Nidra 6-7 w/Carol Hince		8:30-9:30 Pilates w/Paula Reynolds  5:30-6:30p Pilates w/Paula Reynolds	9:00-10:30 Yoga w/Carol Hince	
Yoga is available w/Carol Hince for Private or groups of 4 or more. <b>***pre-registration required</b>	8-9am Core Stretch n Strengthen w/Michelle Rutherford <b>***pre-registration required</b>	8:30-9:30 Pilates w/Paula Reynolds  **6-8p Restorative w/Carol Hince		8:30-9:30 Pilates w/Paula Reynolds  5:30-6:30p Pilates w/Paula Reynolds	9:00-10:30 Yoga w/Carol Hince	
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\* Yoga Nidra is the first and third Tuesday of every month.

\*\*Restorative Yoga is the second and fourth Tuesday of every month.

\*\*\*For more information, or to sign up, please call 707.887.3300 ext.112.

**Group Class Rates: \$15 drop in - 10 sessions / \$120 - 30 sessions / \$300**

Paula Reynolds NTS, CPI, LMT; Private Pilates \$55 1hr. Session - Semi Private Pilates \$55/ 90 min. Session \*\*\*  
Pilates classes are based on the Stott Pilates Method.

**Restorative and Yoga Nidra: 4 sessions / \$85 - 8 sessions / \$180 - 16 sessions / \$350**

Carol Hince MSPT, RYT; Private \$75/ 90min. Session - Semi Private \$120/ 90min. Session\*\*\*  
Yoga classes are based on Integrative Yoga Therapy and Iyengar training.



## Farmhouse

Russian River Valley

7871 River Road, Forestville, CA 95436

707.887.3300 ext. 112

www.farmhouseinn.com | www.wholisticbalance.com