



WHOLISTIC BALANCE

Seasonal Specials

WELLNESS MANAGEMENT

Spring Has Sprung, Spring into action

Pay Yourself First, Book Ahead!

Discount Rates for bulk purchases

THERAPEUTIC BODYWORK

Book 4 **90**Minute treatments for \$304 (20% saving)

Book 4 **75**Minute treatments for \$240 (20% saving)

give one as a Gift Certificate receive an additional 5% off
your next bulk purchase

Gift Certificate must be used before discount applies

First Time to PILATES

Introductory and Foundation Classes

6 classes now for **\$250**

Introduction to the Principles of Pilates
with a personalized postural analysis

Approx. 90 minutes *reg.(\$55/hour)*

plus

Pilates Foundation *reg.(\$275)*

5-1 hour sessions to be completed in 10 days

Already have experience with Pilates

come in for a refresher private session prior to
joining Group Classes or **Paula's Private Pilates Session (PPPS)**
Approx. 90 minutes (~~\$82.50~~) \$65.00 includes a Posture Analysis

Check out our **bulk rates** online and sign up today!

Also taking **sign ups** for Group Classes. Must meet requirements before joining.

Please go to our website www.wholisticbalance.com or
call 707-301-0393 for more information