

PRICE LIST

Company wellbeing programs offered by Liv in the Flow

OFFICE FLOW YOGA			
	Duration of class		
Size of company (total number of employees)	30 minutes	45 minutes	60 minutes
1 - 10	75 euros	95 euros	115 euros
11 - 50	85 euros	105 euros	135 euros
50 - 100	105 euros	125 euros	155 euros
100+	Price upon request	Price upon request	Price upon request

OFFICE DAY BREAKER	
	Duration of class
Size of company (total number of employees)	15 minutes
1 - 10	55 euros
11 - 50	65 euros
50 - 100	75 euros
100+	Price upon request

MIND SPACE MEDITATION		
Size of company (total number of employees)	Duration of class	
	10-15 minutes	20-30 minutes
1 - 10	55 euros	75 euros
11 - 50	65 euros	85 euros
50 - 100	75 euros	105 euros
100+	Price upon request	Price upon request

HANDS ON MINDFULNESS & STRESS RELEASE WORKSHOP		
	Duration of class	
Size of company (total number of employees)	2,5 hours	Half day workshop (4 hrs)
1 - 100	500 euros ex 21% BTW	650 euros ex 21% BTW
100+	Price upon request	Price upon request

*Prices exclude travel costs and eventual travel time (15 euros per hour). In case of online classes, no extra costs apply.

**Prices mentioned above are based on a classes held one time per month. In case of long term and regular collaboration, discounts may apply.

*** All prices are excluding 21% BTW

TAILOR-MADE PROGRAMS are always available combining breathing exercises, meditation, mindfulness, (aroma) yoga, stretching, (ecstatic) dancing, and (bootcamp) workouts.

For more information or a special event, please request an offer or contact me personally to discuss your wishes.