

Pricing Menu

Bridal Shower or Bachelorette Party

Include a fun and lighthearted yoga class at your Bridal Shower or Bachelorette Party! \$200 for 2 hours of your choice.

Bridal Yoga

- Private yoga classes with your groom or bride.
- Ladies or guys night out yoga class.
- A bridal party class
- Yoga-themed Bridal Shower or Bachelorette Parties
- Family and friends class on the Big Day!
- Or even a private relaxing class just days before your wedding!
- Pricing varies: \$60 for Bride and Groom, with 6 or more people at \$10 each, the Bride and Groom get the session free.

Bridal Nutrition

A customized plan to help the bride glow from the inside out her on her big day! With this package, you get 8 hours (over the course of 8 weeks) of one-on-one consulting with Kathy! \$300 for 8 hours of consult time .

