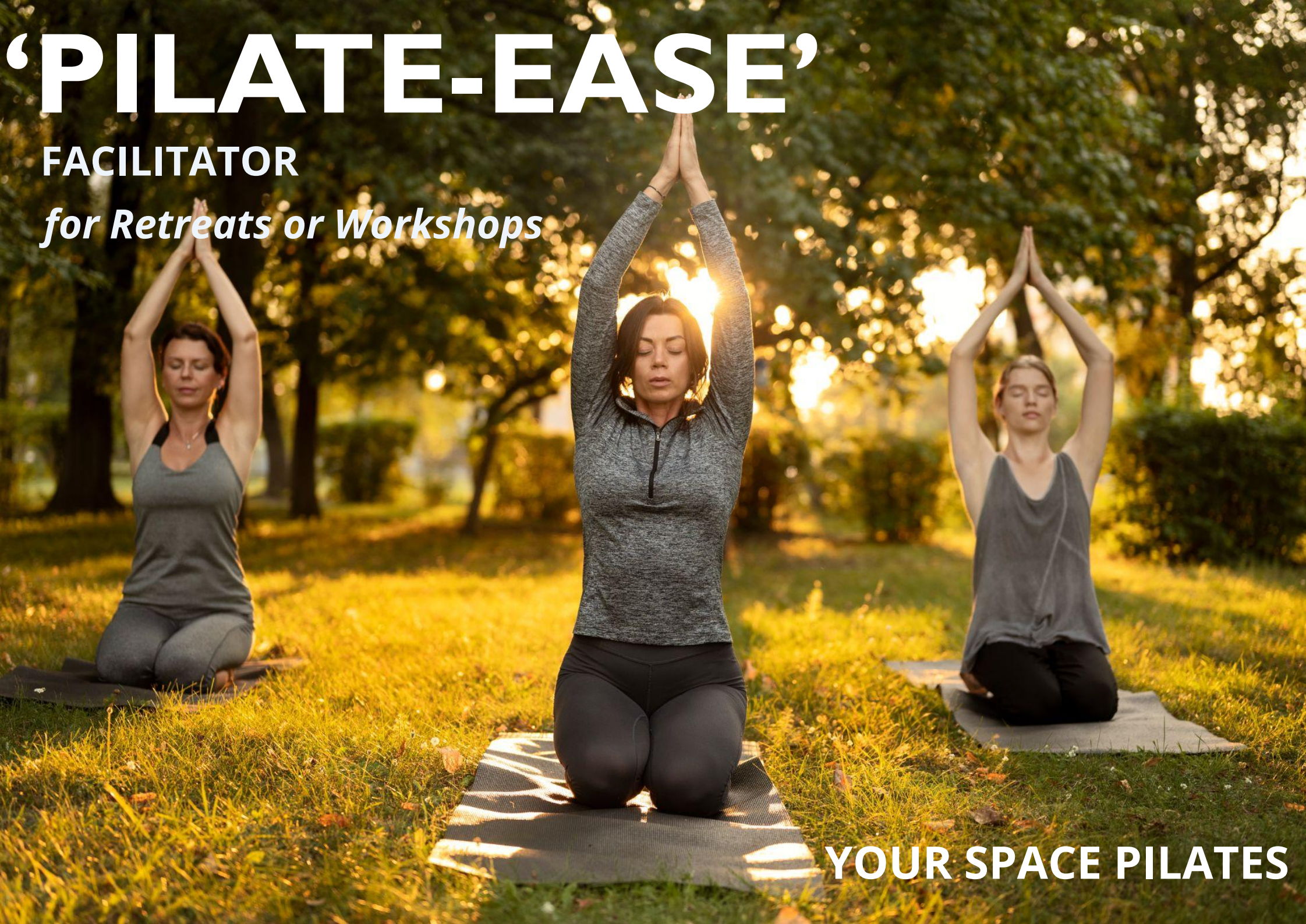


'PILATE-EASE'

FACILITATOR

for Retreats or Workshops



YOUR SPACE PILATES

Your Space Pilates



I'm Marnie, with over 25 years of experience as a Pilates teacher and physical therapist in the wellness industry. As a committed wellness facilitator, I bring a distinct offering to retreat and workshop organizers through my Pilate-Ease classes and private sessions.

Pilate-Ease seamlessly intertwines various self-care modalities such as mindful movement, breathwork, meditation and even targeted massage to address energy blockages across physical, emotional and mental dimensions. This fusion of techniques sets the stage for an extraordinary wellness journey, available in both group settings and one-on-one sessions.

If you're keen on integrating Pilate-Ease into your program offerings, I invite you to explore my proposal for comprehensive details.





‘Pilate-Ease Flow’ Class

This gentle class is centered around flowing somatic exercises, designed to help participants become aware of bodily sensations, restrictive feelings and thoughts, to ultimately move beyond their current mobility limitations. The ultimate aim is to achieve a more fluid, comfortable and expansive range of motion. With the aid of mindful breathing, each deliberate movement fosters moments of contemplative stillness, release, relaxation and personal growth.

45 minutes duration.

‘Pilate-Ease Empower’ Class

This dynamic class activates dormant muscles to address potential contributors to painful conditions and recurring injuries. Through targeted exercises, muscles are encouraged to achieve a more balanced function, enhancing resilience to everyday stress and tension. With a focus on flow, concentration, and breathwork, this class offers a valuable and mindful movement practice.

45 minutes duration.

Private One-on-One Sessions



For individuals desiring a personalized approach, private one-on-one Pilate-Ease sessions provide tailored attention, guidance and flexible scheduling. These sessions are customized to meet individual needs, incorporating mindful movement along with additional benefits such as massage and Reiki energy healing, complemented by sound therapy for a holistic wellness experience. Session times can be coordinated seamlessly for optimal timetable integration.

1.5 hours duration.

Wellness Program Investment

PROGRAMS

PRICING

- **Pilate-Ease Classes - up to 30 participants (45 minutes per class)**

One Class	\$300
Full-Day Rate (up to 2 classes per day)	\$500
Weekend Rate * (up to 4 classes)	\$900
7-Day Package * (up to 14 classes)	\$3,000

- **Pilate-Ease Private One-on-One (1.5 hours per session)**

(NB. Available as an add-on to any of the class programs)

Per person rate (by appointment)	\$200
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Terms & Conditions:

The facilitator agrees to conduct Pilate-Ease classes/sessions at the venue as per the agreed schedule and specifications. Daily sessions are included in the package price as indicated, with no discounts or carryovers for unused sessions. Both classes included in the full day rate must be conducted within an 6 hour period of each other. Travel expenses vary by location: costs are covered for venues within a 20km radius of YSP Studio in Annerley, Brisbane. For locations up to 100 km beyond this radius, an additional fee of \$100 applies, plus an extra \$50 for each additional 50 km or part thereof.

For weekend or 7-day retreats, the venue provides accommodation and meals for the facilitator. The venue must supply essential equipment, such as mats and towels, for participant use during sessions. To secure the booking, a deposit of \$300 is required immediately. Full payment will be invoiced and is due via bank transfer at least 7 days before the retreat starts. Any additional sessions (if available) should be settled in cash on the day.

Either party can cancel the agreement with a 30-day notice without penalties. Cancellations with less than 30 days' notice result in the loss of the deposit. Participants engage in Pilate-Ease sessions at their own risk; the facilitator assumes no liability for injuries or damages. Both parties commit to confidentiality concerning any proprietary or sensitive information shared. In the event of unforeseen circumstances, like natural disasters, the facilitator's obligations will be adjusted accordingly.

Next steps

I'd be delighted to bring Pilate-Ease to your retreat, elevating your existing offerings with a holistic bodywork experience. This integrated approach resonates deeply with themes of self-care, mindful living and purposeful exploration.

With adaptable scheduling and a commitment to enriching your event, let's create a memorable retreat experience together.

Reach out today!

Marnie



Contact

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