

## **Your Space Pilates**



### Hi

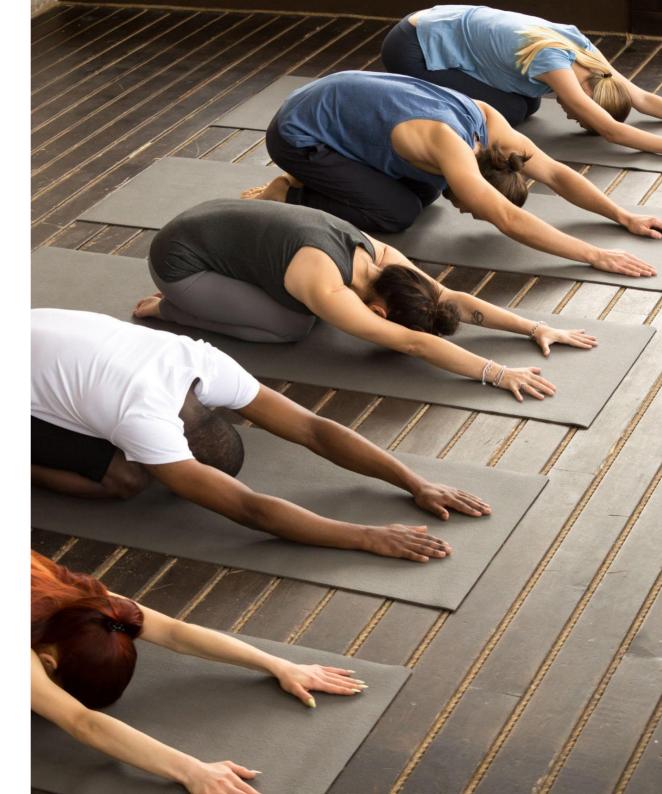
I'm Marnie, a seasoned Physical Therapist with over 25 years of experience in the health industry.

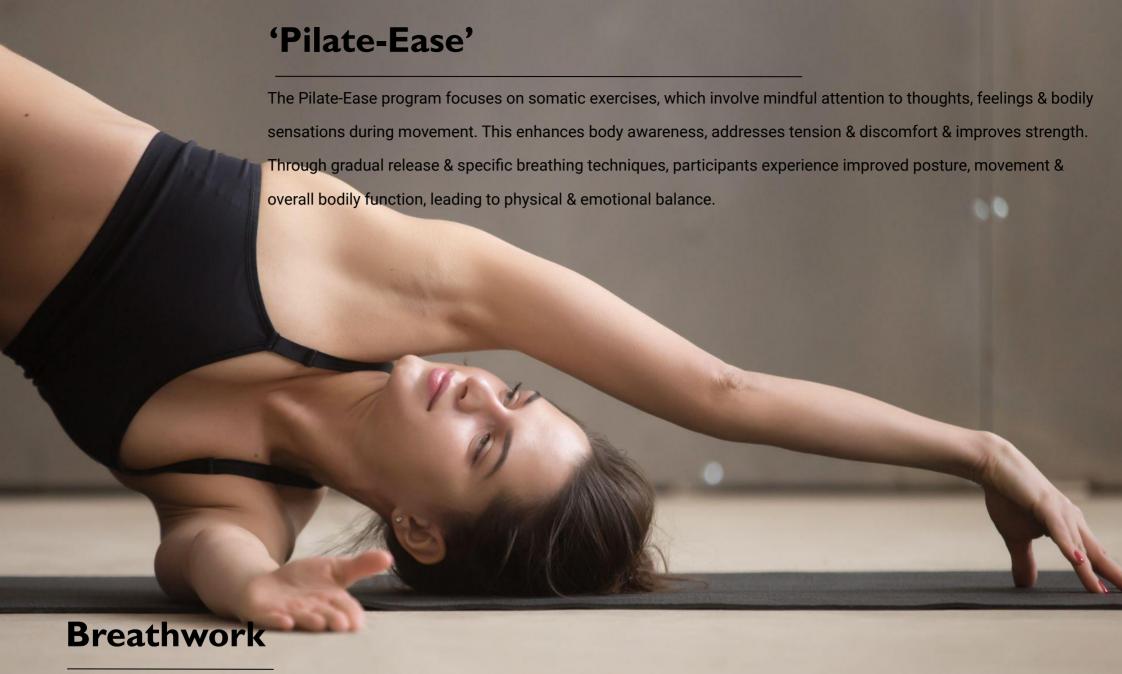
Introducing "Pilate-Ease" – an exclusive onsite wellness program promoting mindful exercise, conscious breathwork & deeper connections for individuals, group cohesion & the overall working environment.

Geared towards boosting workplace energy, reducing stress & tension, enticing remote workers back & nurturing a culture of care & wellness.

Thank you for reviewing this proposal & I eagerly anticipate the opportunity for you to trial a course soon.

Marnie





# We utilize continuous & connected breathing techniques, promoting deep relaxation, enhanced oxygenation & heightened awareness. Conscious breathwork fosters a deeper mind-body connection, leading to increased self-awareness & inner harmony.



## **Wellness Program Investment**

PROGRAMS		8 WEEK PROGRAM PRICING
•	Program 1 - Pilate-Ease 45 Flow: company incentive program	
	45-minute weekly classes @ \$200 per class (max 20 participants)	\$1,600
•	Program 2 - Express Pilate-Ease: company incentive program	
	Two back to back 30-minute classes (60 minute total) @ \$250 per class (max 20 participants)	\$2,000
•	Program 3 - 1-on-2 Personal Training: company incentive program or employee payment	
	30-minute weekly session @ \$50 per person - 2 people sharing ( min 4 participants)	\$400 pp

#### Terms & Conditions:

**Program 1: Pilate-Ease 45 Flow** is a 45-minute class designed for a midday break, allowing ample time to unwind before returning to work.

Program 2: Express Pilate-Ease offers two consecutive 30-minute classes for flexible attendance, totaling 60 minutes. It suits either a quick desk break or a full 1-hour session.

Participants can choose to attend one or both classes. Program 1 & 2 payment is directly invoiced to the company for seamless transactions, regardless of participant numbers.

Program 3: 1-on-2 Personal Training is a 30-minute private session directly with the instructor for two people. Minimum of two consecutive sessions (four people). In-house coordination & full payment for all programs are required before any program starts.

Programs run for 8 weeks & can host up to 20 participants, based on room capacity. Classes start & end punctually to minimize disruption to the work schedule. Late starts will reduce the duration of your session. Refunds or make-up sessions for missed classes are not offered, but participants can transfer their spot. Make-up classes will be added in case of instructor unavailability. Pricing covers instructor travel within a 10-kilometer radius of the YSP studio; additional charges may apply elsewhere & for parking if not allocated. Participants must bring their own mat for hygiene. Health concerns should be consulted with a healthcare provider & any injuries or restrictions should be communicated to the instructor before each session.

## **Next steps**

As your wellness program coordinator, I'm thrilled to lead your community through an enriching Pilate-Ease experience, fostering lasting connections.

Ready to get started? We can begin classes within the month. There's no commitment beyond the initial 8-week course, so feel free to give it a try & let the experience speak for itself. If you decide to continue & integrate it into your corporate wellness program, the option is yours.

Reach out to book your trial program now & let's embark on this wellness journey together.



#### **Contact**

#### **Your Space Pilates**

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