

# Elizabeth Tracy

*Embodied Wisdom  
Coaching & Yoga*

Packages and Prices 2020



# Elizabeth Tracy

Embodied Wisdom Coaching & Yoga

*I offer three ways to support you*

Embodied Wisdom  
Transformational  
Coaching

Private Yoga  
Classes

Coaching & Yoga  
Combo Package

# Embodied Wisdom Transformational Coaching

## 60 minute 1:1 session

What to expect:

- A sacred container to bring up and process whatever you need support with the most in that moment
- Gain awareness and clarity, and build self-trust and inner knowing
- Guided grounding meditations
- Breathwork to calm and settle the mind
- Gentle movement to connect with the body



- Pre-session reflection questions to prepare mindfully for session
- Post-session email with:
  - Visual overview of main themes covered in session
  - Reflection questions to dive into further inquiry on your own
  - Resources to deepen practices

# Embodied Wisdom Transformational Coaching

## INVESTMENT

### PAY AS YOU GO

Per session \$150

### PACKAGES

4 sessions \$497      *expiry 2 mos.*

8 sessions \$897      *expiry 4 mos.*

*Clients typically schedule one session every  
or every other week, depending on their  
needs. You are welcome to schedule more  
frequently if needed.*

*\*With the purchase of a package, receive  
support in between sessions via email, text,  
or voice message\**

# Private Yoga Classes

75 minute 1:1 session

BREATHE · CONNECT · DEEPEN · RECHARGE

You will...

- Be guided through a holistic experience that supports mind, body and soul
- Leave feeling rejuvenated and refreshed, from the inside out  
Learn how to listen to and act on your body's cues and wisdom
- Connect to your breath in a way that calms your mind and centers your focus
- Receive a personalized class completely centered around your unique needs and history



# Private Yoga Classes

## PRICING

### PAY AS YOU GO

Per session \$40

### PACKAGES

4 classes \$147      *expiry 3 mos.*

8 classes \$247      *expiry 6 mos.*

**With the purchase of a package, you will receive:**

*Accountability and progress check-ins.*

*Class sequences that build upon elements from previous sessions.*

*Recordings of your live classes to practice on your own in between sessions.*

Each class is a personalized yoga experience tailored to your individual needs, capabilities, goals, and intentions.

# Coaching & Yoga Combo Package

Combine the benefits of transformational coaching with private yoga classes for a package completely personalized to meet you where you're at.

## HOW IT WORKS

Time on the yoga mat will be a space for you to deeply connect with your body and process what may have emerged in our previous coaching session.

We will use the healing practice of yoga to alchemize what you are experiencing on a mental, emotional, and energetic level within the container of the physical body.

Release blocks and stored energy living within the body that you might not even realize you have.

*Please see previous sections for descriptions of what you will receive in coaching sessions and in private yoga classes.*

# Coaching & Yoga Combo Package

## PRICING

### PACKAGES

4 sessions \$327      *expiry 2 mos.*

8 sessions \$587      *expiry 4 mos.*

Each package begins the first week with a coaching session, and then will alternate between yoga class and coaching session until the package is complete.

*It is recommended to meet each week - one week will focus on coaching, the next will focus on yoga, and so on.*



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## Embodied Wisdom Coaching & Yoga

### OFFERINGS SUMMARY

1:1  
TRANSFORM-  
ATIONAL  
COACHING

PRIVATE  
YOGA  
CLASSES

COACHING  
AND YOGA  
COMBINATION  
PACKAGE

#### ONE SESSION

\$150

\$40

N/A

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#### FOUR SESSIONS

\$497

\$147

\$327

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#### EIGHT SESSIONS

\$897

\$247

\$587

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## Embodied Wisdom Coaching & Yoga

### **PAYMENT POLICY**

#### Packages

Packages must be paid in full before the first session or class of each package. Packages expire after indicated time period, check each package for expiry details.

### **CANCELLATION POLICY**

#### Cancellation

You are able to cancel an appointment up to 24 hours before the start time. If the session is cancelled within 24 hours you will be charged a full session.

#### Rescheduling

You are able to reschedule an appointment up to 24 hours before the start time and must rescheduled within one week from the original session date. Rescheduling within 24 will result in a full session charge.