

# Self and More

## COACHING & SELF DEVELOPMENT

### TARIFFS & SERVICES OFFERED

#### Pilates:



Bookings By appointment:

**Private** | R250 per session in Ultzicht

**Mobile** | R400 per session (15km radius from Ultzicht)



#### Groups

Meet at Fitstrong Gym's Studio @Glengarry Shopping Centre

**Monday & Wednesdays**

18h30 to 19h30 (small group with varying strengths)

**Group Rates - Casual:** R110 per person / per session

**4 Sessions:** R95 per session / R380 monthly

**6 Sessions:** R90 per session / R540 monthly

**8 Sessions:** R85 per session / R680 monthly.

- No sessions are carried over to the next month
- 1 to 2 private sessions are recommended prior to joining groups
- For 1st timers / specific compromises & pregnancies



### INTEGRATED TRAUMA HEALING (COACHING/TRE OR QEC SESSIONS)

#### Focused TRE® groups

Focused TRE groups by appointment. Minimum of 5 people at a cost of R250 per person - closed groups

7 sessions - 1 per week  
(Team building / trauma victims / communities / Mom's)

#### Private Sessions

1st Session: 2 hours - R700  
Thereafter: 60 mins - R600  
weekly sessions between  
6 to 12 weeks - depending on  
the support required

#### Groups for TRE®

Saturday from 14h00 -16h00  
R180 per person  
Durbanville area  
Intro to TRE or  
Maintenance Sessions



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