



BODY * Prices*

HOLISTIC NUTRITION / PERSONAL TRAINER / CULINARY

I *MAMA MIJA* package - I choose

- First visit 50min * 45 euro
- Next visit 50min * 25 euro
- Consultation 30min * 15 euro
- Nutrition plan * 110 euro
- A visit at home with a journey of more than 15km * 45- 55 euro
- Access to 15km * Free
- Supplementation with the diet program * 55-140 euro
- Continuation of the program * 85 euro
- Electronic motivational contact by a month - 4x * 30 euro
- Personal training 45min * 15 euro
- Physical activity plan * 30 euro
- Training program * 45 euro
- Diet program for athletes (all sports) * 60 euro
- Culinary workshop * 5-30 euro

Other services

- Video (progress in the goals it has set) * 15-60
- Mini video from the course of treatment. A nice souvenir! * Free
- Music therapy * Free
- Laughter therapy * Free
- Cupping therapy (medical, Chinese, fire, vacuum) * 15 euro
- MINI VISIT - Designated day in the month * Free
(without fees - the visit takes up to 20 min)

Search information on the website or Facebook. I invite you cordially

II *HOLISTIC* package

- Diagnosis of the problem (lifestyle, visit lasts 0.45h)
- **BODY & MIND** What do you feed your body? What do you feed your mind?) * 30 euro

(additional option for free - SOUL - I DO NOT CHARGE FEES.)



III *AQUA* package

- First visit (0.50h)
 - Second visit (0.50h)
 - Consultation (0.30h) – 1x
 - Nutrition program (by e-mail or other selected communicator)
 - PERSONAL TRAINER (additional option with personal training 0.40h * 15 euro)
- 130 euros (*145 euros)**

IV *TERRA* package

- First visit (0.50h)
 - Another visit (0.50h) - 3x
 - Consultation (0.30h) - 2x
 - Nutrition program (by e-mail or other selected communicator)
 - PERSONAL TRAINER (additional option with personal training 1h *15 euro)
- 230 euro (*245 euro)**

V *COSMOS* package

- First visit (0.50h)
 - Another visit (0.50h) - 5x
 - Consultation (0.30h) - 5x
 - Nutrition program (by e-mail or other selected communicator)
 - Electronic motivational contact by month -5x
 - PERSONAL TRAINER (additional option with 2h personal trainings *25 euro)
- 330 euro (*355 euro)**

VI *FAMILIA package (for two people)

- First visit (1.45h)
 - Another visit (0.50h) -2x
 - Consultation (0.30h) -2x
 - Electronic motivational contact by two weeks - 3x
 - Nutrition plan + supplements
 - PERSONAL TRAINER - additional training with personal training 1h *20euro
- 270 euro (*290 euro)**

VII *SUPER FAMILIA package (from 2 to 4 people)

- First visit (2 h)
 - Another visit (0.50h) - 6x
 - Consultation (0.30h) -6x
 - Electronic motivational contact by a month - 5x
 - Nutrition plan + supplements
 - Culinary workshop participation - 2x
 - PERSONAL TRAINER - additional training with personal training 2h *25 euro
- 430 euro (*455 euro)**

I invite you cordially.