

Transformation Holistic Therapy

Yoga & Sound Healing

Price List

Sound Baths

- Monthly Sound/Gong Baths (Occold Village Hall)
 - o £20.00 per person
 - o 2 persons for £35
 - o 3 persons for £50
 - o 4+ persons £15 per person

1–2–1 Sound Healing (Couples Sound Healing Available)

- o £55 (1 hour) (Couples £75)

1–2–1 Hatha Yoga Tuition. Chair Yoga also available.

- o (Hatha Yoga, 1 hour – £50) (Chair Yoga, 30 Mins - £25)

Couples, Friends and Family Yoga

- o £60, 1 hour at Thornham Walks Or Home Visits (within 15 mile radius of Thornham Walks) will include a small mileage charge of £5

Group Zoom Yoga

- o 30 mins £9.00 pp or 3 sessions for £25 (30 mins, Zoom option)

1–2–1 Zoom Yoga

- o 30 mins – £20

Reiki Healing

- o Initial Treatment & Consultation – £55
- o Reiki Healing – 1 hour – £50
- o Reiki I Healing Course – 1 day – £210

Ayurvedic Body Massage (Abhyanga & Marma Fusion)

- o 1 hour – £65
- o 1 hr 15 mins including Facial Massage – £75
- o 1 hr 30 mins including Facial Massage and Indian Head Massage – £85

Massage Treatments

- o Swedish Body Massage – 1 hour – £55
- o Swedish Half Body Massage – 45 mins – £45
- o Indian Head Massage – 30 mins – £40
- o Foot & Leg Massage – 30 mins – £40
- o Sound Healing & Massage – 1 hour – £55

Luxury Back Treatment

- o 1 hour – £65

Holistic Back Massage

- o 30 mins – £40

Thermal Auricular Therapy (Ear Candling)

- o 45 mins – £45

Locations: The Transformation Studio, Unit 21, Red House Yards, Gislingham Road,
Thornham Magna, Suffolk IP23 8HH
Surrounded by Thornham Walks

Occold Village Hall, Occold, Eye, Suffolk, IP23 7PL

Contact Venessa: mobile: 07867009585/e-mail: transformations.bookings@gmail.com

High-Value Wellness Packages

- o The Deep Reset — £100, 45 mins massage, 30 mins Sound Healing and 30 mins Reiki = 1 hour 45 mins.:
- o Stress Relief Package — £120, 1-to-1 yoga 45 mins, 45 mins massage and 30 mins Sound Bath = 2 hours
- o Friends Wellness Afternoon — £120 (for 2 people) Couples Yoga, Couples Sound Bath, Herbal/Fruit Tea + Grounding Meditation = 2 hours
- o Detox 1-2-1 Package — £110, Yoga 45 mins, Reiki 30 mins + Sound Bath 30 mins = 1 hour & 45 mins
- o Relax and Unwind 1-2-1 Package — £99, Yoga 30 mins, Massage 30 mins + Mini Facial 30 mins = 1 hour & 30 mins
- o Warming Ritual — £70, ½ Body Warm Oil Massage 45 mins + Sound Healing, 30 mins = 1 hour & 15 mins

Massage (Save 10–15%)

- o 3 × 1-hour massage — £155 (save £10)
- o 6 × 1-hour massage — £300 (save £30)

Must be booked in advance and used within 6 months.

Yoga 1-2-1 Progress

- o 5 x 1 hour, 1-2-1 Yoga Tuition — £230 (save £20)
- o 10 x 1 hour, 1-2-1 Yoga Tuition — £450 (save £50)

Must be booked in advance and used within 6 months.

Sound Healing 1-2-1 (Save 10–15%)

- o 4 × 1 hour, 1-to-1 sessions — £200 (save £20)
- o 8 × 1 hour, 1-2-1 sessions — £390 (save (£50))

Membership Options

- o Wellness Membership — £65/month = 1 Massage + 1 Group Sound Bath & 10% off add-on's
- o Yoga Membership — £70/month = 1-2-1 Yoga Tuition+ 3 Group Zoom Yoga Sessions & 10% off add-on's

Add-On's (15 min each)

- o Scalp massage — £10
- o Mini facial — £15
- o Guided meditation — £15
- o Chakra balancing — £15

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