**Optimal Balance Services**

INP- In Person

ONL-Online

DW- Distance Work

\*pricing is set for services provided at my location only and does NOT include HST

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| **Service** | **Deliverable** | **Investment** |
| Energy Healing | INP, ONL, DW | $65/1 hour session  $40/30 min session |
| Conversations with Shelley | INP, ONL | $65/1 hour session  $40/30 min session |
| Life Purpose Coaching | INP, ONL | $65/1 hour session  $40/30 min session |
| Soul Shifts Coaching | INP, ONL | $65/1 hour session  $40/30 min session |
| Intuitive Card Readings | INP | $65- full 1- hour reading  $40- 30 minute-5 card reading |
| ONL | 1 question: $10  2 questions: $20  3 questions: $25 |
| Group Parties | $50/person  30 min readings  Hostess FREE  \*minimum 5 guests/pricing is set for your location. Travelling expenses may apply. |
| Meditation Session  (group settings) | INP, ONL | $15/person |
| Drumming Meditation | INP | $15/person |
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| YOGA | Group Class | $90/6 week session |
| Personal Training | INP, ONL | $60/1 hour session  $40/30 min session |
| Your Home  \*\* ($ Subjective to location) | $70/1 hour session  $50/30 min session |
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| Nutrition Client Intake Session | INP, ONL | $125 |
| Nutritional Coaching | INP, ONL | $65- 1 hour  $40- 30 mins |
| Nutrition Journal Accountability | INP, ONL | 1 week-$10  2 weeks-$18  1 month-$35 |