

COLD THERAPY

JAMES LECH

NAMASTE

R50.00 per session, per person

05:45am - 6:15am

Monday, Wednesday, Saturday's

A fun get together where you enjoy the healing ocean or rock pool in a group setting. This is strictly watch and learn sessions, no instruction is provided, only support.

SUN SALUTATION

• R200.00 per session, per person

• 06:30am - 07:30am

• Monday, Wednesday, Friday, Saturday

• This is a full structured cold therapy session including breathing techniques, progressive submersion, heat generating techniques. General discussions on why cold therapy is beneficial for over all health.

NAMASKAR

R550.00 per month, per person

07:45am - 08:15am

Monday, Wednesday, Saturday's

You choose what day/s you attend.

Cold therapy, instruction re breathing, basic yoga warm up.

SUNDAY SUNSET

• R100.00 per session, per person

• 17:30pm - 18:30pm

• Selected Sundays only

• Group session

• Social time spent while practicing your technique

• Minimal instruction offered, plenty of support offered