Tarasana LLC

YOGA & VIBROACOUSTIC HEALING

Open Heart • Quiet Mind

WELLNESS OFFERINGS

VIBROACOUSTIC SOUND HEALING BED

30 MINUTES – $35
Gentle Nervous System Reset

45 MINUTES – $55
Full-Body Vibrational Immersion

60 MINUTES – $75
Deep Therapeutic Integration

INTRODUCTORY OFFERS

FIRST-TIME RESET • 30 MINUTES – $30

NEW CLIENT IMMERSION • 45 MINUTES – $45

SIGNATURE EXPERIENCE

The Tarasana Deep Restore

30 Min Gentle Yoga or Chair Yoga + 30 Min Sound Bed

$60

Move. Melt. Integrate.

PACKAGE OPTIONS

30 MINUTE RESET SERIES
3 Pack – $90 • Save $15
5 Pack – $140 • Save $35
10 Pack – $250 • Save $100

45 MINUTE IMMERSION SERIES
3 Pack – $150 • Save $15
5 Pack – $240 • Save $35
10 Pack – $450 • Save $100

60 MINUTE DEEP RESTORE SERIES
3 Pack – $210 • Save $15
5 Pack – $340 • Save $35
10 Pack – $650 • Save $100

WELLNESS SHOP HOURS

MONDAY – THURSDAY
9:00 AM – 5:00 PM

SATURDAY
9:00 AM – 2:00 PM

WEEKLY WELLNESS SCHEDULE

MONDAY
Private Yoga • Reiki
Vibroacoustic Sound Healing Bed

TUESDAY
Private Yoga • Reiki
Vibroacoustic Sound Healing Bed

WEDNESDAY
Private Yoga • Reiki
Vibroacoustic Sound Healing Bed

THURSDAY
1:00 PM • 30-Min Chair Yoga
5:15 PM • 30-Min Grounding Floor Flow
Reiki & Vibroacoustic Sessions
Available Around Yoga

SATURDAY
9:00 AM • 1-Hour Grounding Floor Flow
1:00 PM • 1-Hour Chair Yoga
Reiki & Vibroacoustic Sessions
Available Between Yoga

CONTACT & BOOKING

tarasana.org
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607-226-4755

Available at
Care More Health and Wellness