

PACKAGE PRICES:

Pay-as-you-go:

75 min health assessment session – R495.00. In this session, we assess your health status and unpack your current diet. With this information, we can be very specific about the kinds of changes you'll need to start making in order to achieve your health and wellness goals. You'll leave the session with homework to apply. Follow-up health coaching sessions are R385 for 60 minutes.

The Standard Programme

Lifestyle and Health Coaching: Initial 75 min assessment & outcomes session, followed by 4 hours of follow-up coaching. Covering body type, nutritional needs, body movement and lifestyle opportunities, this is an ideal choice if you want the basics of a healthier, happier body. Usual price R2035.00; upfront payment price = R1900.00

The Comprehensive Programme

Lifestyle, Health and Mind Coaching: Initial 75 min assessment & outcomes session, followed by 4 hours of follow-up coaching and a 90 minute session with a mind coach. Covering all aspects of the standard programme, this is a more in-depth approach and includes a session with mind coach, Miles Harrop, who will take you through the basics of getting your mind aligned to, and supporting, your body's happiness. In this session you'll learn how to improve your chances of successfully achieving your health and lifestyle goals. A healthier, happier and more satisfied you! Usual price R2700.00; upfront payment price = R2550.00

The Happy Works: Happy Body. Happy Mind. Happy Image.

Lifestyle, Health, Mind and Image Coaching: Initial 75 min assessment & outcomes session, followed by 4 hours of follow-up coaching, a 90 minute session with a mind coach and a 2 hour consultation with an image consultant. The Happy Body has teamed up with mind coach Miles Harrop and image consultant Kerry Wilson to bring you a holistic programme, geared to address the key areas of getting you to love who you are! Covering all aspects of the Standard and Comprehensive Programmes, this also includes a two-hour figure and colour analysis, helping you gain the knowledge you need to become confident in the art of dressing for maximum effect and aesthetic balance. Normal price R3300.00; upfront payment price = R3100.00