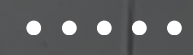


INSPIRE | EMPOWER | CONQUER



MY INSPIRATION NEVER DIES



# ON-BOARDING PACKAGE

*DRIVING A NEW ERA OF HEALTH AND WELLNESS*

Unique to MIND, this on-boarding experience ensures you are getting the right support, guidance and program, exclusive to you.

Starting with a 45-minute inclusive physical assessment scans with our qualified team we develop a solid foundation.

A 30-minute post assessment virtual consultation is designed to interpret the scan data, your goals and pathway with our Exercise Physiologist.

Finally you will undergo 2 x 45-minute face-to-face consultations with our Exercise Physiologist to go through your program design.

**INDIVIDUAL    \$350**

**COUPLE    \$550**



## EXERCISE PHYSIOLOGY BUNDLES

### ONE TO ONE

Select the frequency that fits your schedule in this advanced and inclusive 45-minute session program at our private, fully equipped venue. Each appointment will focus on laying the pathway to achieving your goals.

Bundle #1   4 x 45 min consultation	<del>\$440</del>	<b>\$400</b>
Bundle #2   6 x 45 min consultation	<del>\$660</del>	<b>\$570</b>
Bundle #3   12 x 45 min consultation	<del>\$1320</del>	<b>\$1080</b>

### COUPLE SESSIONS

These couple sessions can be compiled of any 2 people (for example, friends, partners, siblings, frenemies etc.) wanting to support each other on their voyage to a 'better' version of themselves.

Bundle #1   4 x 45 min consultation	<del>\$600</del>	<b>\$500</b>
Bundle #2   6 x 45 min consultation	<del>\$900</del>	<b>\$660</b>
Bundle #3   12 x 45 min consultation	<del>\$1800</del>	<b>\$1200</b>

# EXPLORE EIGHTY4.

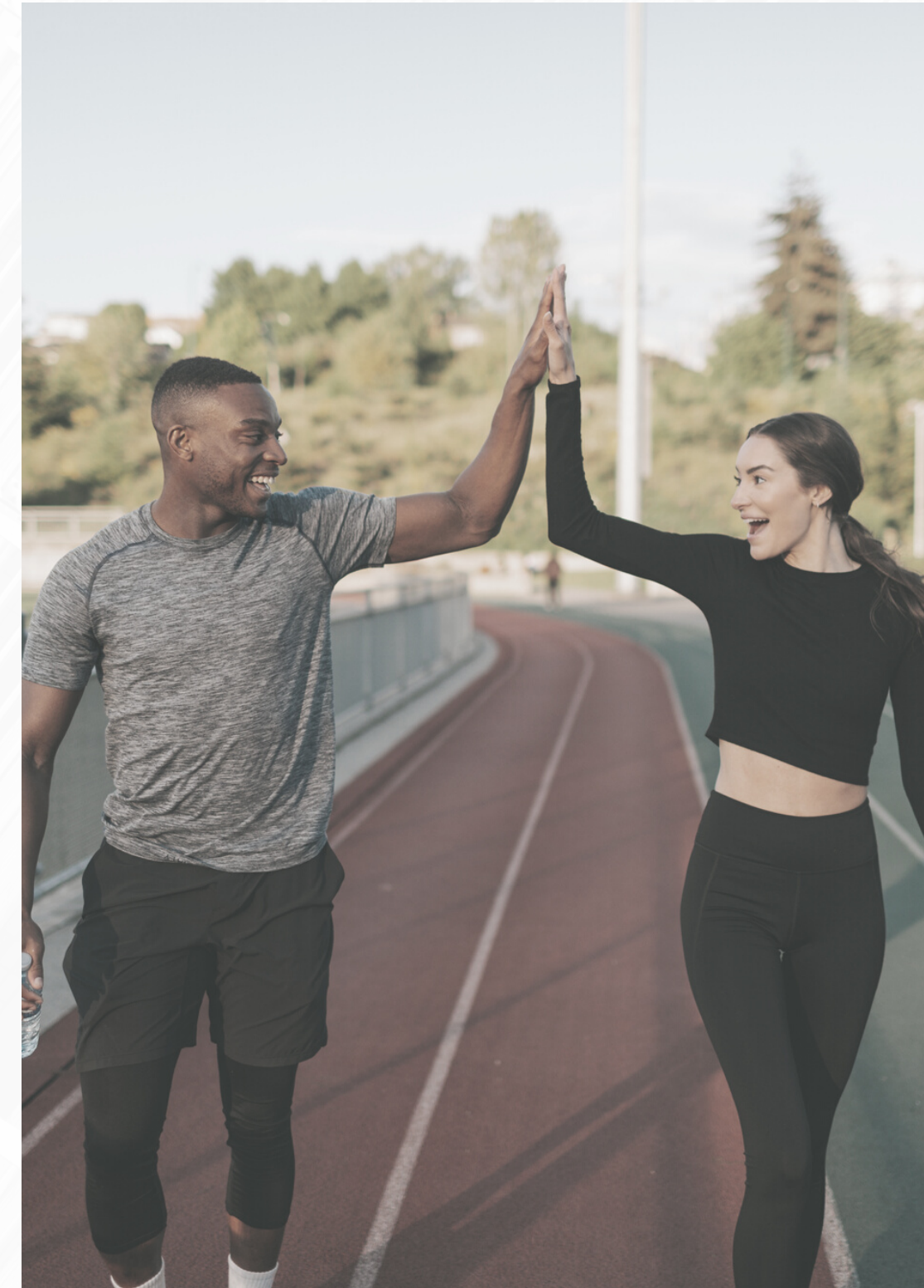


**\$250**

Reach your goal in 84 days!

Explore Eighty4 is designed to be a low cost, high return program that supports, guides, and empowers you by inspiring you to start your health and wellness voyage. A fully integrated approach and unique wellness bundle.

- Advanced technology for objective scanning
- My MIND Voyage eBook and resources
- 2 x Physical Exercise Physiology consultations
- 2 x Virtual Exercise Physiology consultations
- Constant email support and guidance
- Debrief call for future plan



# ULTIMATE WELLNESS PACKAGES



## BRONZE PACKAGE

Our Discovery package is designed for you to have a taste of what we offer. If you are unsure and need some time, this gives us approximately 3 weeks of physical intervention and 1 year of virtual support.

~~\$594~~ **\$500**

- My MIND Voyage eBook Journal Experience
- 12 months online support and guidance
- 1 x Wellness Body and Function Assessment
- 1 x 30 min Digital Health Session
- 1 x 45min Exercise Physiology Consultation
- 1 x 45min Remedial Massage



## SILVER PACKAGE

Our Exploration package is designed for you to have a taste of what we offer. If you are unsure and need some time, this gives us approximately 6 weeks of physical intervention and 1 year of virtual support.

~~\$1104~~ **\$900**

- My MIND Voyage eBook Journal Experience
- 12 months online support and guidance
- 1 x Wellness Body and Function Assessment
- 1 x 30 min Digital Health Session
- 4 x 45min Exercise Physiology Consultation
- 3 x 45min Remedial Massage



## GOLD PACKAGE

Our Transformation package is one of our most popular. With 3-5 months of physical interventions and 1 year virtual support it gives us enough time to see change occur.

~~\$1959~~ **\$1600**

- My MIND Voyage eBook Journal Experience
- 12 months online support and guidance
- 14 weeks GENESIS 24/7 Gym Membership
- 2 x Wellness Body and Function Assessment
- 2 x 30 min Digital Health Session
- 8 x 45min Exercise Physiology Consultation
- 6 x 45min Remedial Massage



## PLATINUM PACKAGE

The voyage is a unique experience designed to address your needs over a 1-year period. We are training you for life, so over the year we address movement dysfunctions, create mindfulness techniques, and reconnect you with the world. We assist in creating positive changes within your life that have a ripple effect.

~~\$3634~~ **\$3000**

- My MIND Voyage eBook Journal Experience
- 12 months online support and guidance
- 14 weeks GENESIS 24/7 Gym Membership
- 3 x Wellness Body and Function Assessment
- 3 x 30 min Digital Health Session
- 17 x 45min Exercise Physiology Consultation
- 12 x 45min Remedial Massage



# OUR CONTACT

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