



CASA DO MOINHO

PORTUGAL

ACTIVITY PRICE LIST 2023

YOGA & MINDFULNESS

ONE-ON-ONE DURATION: 60 MINUTES | PRICE: 12

GROUP (*min 3pax*) DURATION: 60 MINUTES | PRICE: 8/pax

ONLINE DURATION: 60 MINUTES | PRICE: 6

YOGA THERAPY
(*one-on-one*) DURATION: 60 MINUTES | PRICE: 15

5 SESSIONS - 10% DISCOUNT
10 SESSIONS - 15% DISCOUNT

NATURE IMMERSION / SHINRIN RYOKU

ONE-ON-ONE DURATION: 60 MINUTES | PRICE: 60

DURATION: 4 HOURS | PRICE: 40

GROUP (*min 3pax*) DURATION: 60 MINUTES | PRICE: 7/pax

DURATION: 4 HOURS | PRICE: 25

COACHING

LIFE COACHING DURATION: 60/90 MIN | PRICE: 70/100

CAREER COACHING DURATION: 60/90 MIN | PRICE: 80/110

EXECUTIVE COACHING) DURATION: 60/90 MIN | PRICE: 150/210

GROUP COACHING
(*min 3pax*) PLEASE CONTACT US

5 SESSIONS - 10% DISCOUNT
10 SESSIONS - 15% DISCOUNT

WORKSHOPS

Themed workshops are offered to the public with up to 10 participants. Please contact us for an individual, dedicated booking.

ONE PARTICIPANT DURATION: 2 hours | PRICE: 22
DURATION: 3 hours | PRICE: 25
DURATION: 4 hours | PRICE: 32

ADDITIONAL PARTICIPANTS DURATION: 2 hours | PRICE: 17
DURATION: 3 hours | PRICE: 22
DURATION: 4 hours | PRICE: 27

Payment: payment in advance via paypal, credit card or bank transfer. Wholly refundable for cancellations up to 24 hours before the event, less processing fees.

