

# 2025

www.ikigai-yoga.com  
Parkview & Parkhurst  
072 983 0213

ikigai  
yoga

## GROUP YOGA SESSIONS

Drop-In at Ikigai, Parkview R160

## GROUP YOGA PACKAGES

If you make up a package it will be applied at month-end

START-UP R580  
4x classes / month  
[R145/session]

SILVER R1040  
8x classes / month  
[R130/session]

GOLD R1800  
Unlimited sessions / month

## PRIVATE YOGA PACKAGES

Single session (1 hour) R550

4 Sessions / month R2000

8 sessions / month R4000

**Semi-private:** +R150 / additional person / session

- +R5/km for home visits more than 5km from Parkview.
- Cancellation policy | Groups: <3 hours notice, Private: <24 hours will be charged for.

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Parkhurst  
To book: 072 983 0213

# ikigai

## MASSAGE THERAPY

### SWEDISH FULL BODY

|            |      |
|------------|------|
| 60 minutes | R600 |
| 90 minutes | R900 |

### BACK, NECK & SHOULDERS

|            |      |
|------------|------|
| 30 minutes | R400 |
| 45 minutes | R500 |

### BALINESE HEAD, NECK & SHOULDERS (SEATED MASSAGE)

|  |      |
|--|------|
| 30 minutes                             | R400 |
| Corporate: 60 minutes<br>(3 employees) | R800 |

### REMEDIAL (SPORTS) MASSAGE

|            |      |
|------------|------|
| 45 minutes | R550 |
| 60 minutes | R650 |

Cancellation policy: sessions cancelled with less than 12 hours notice will be payable.