



CRCC

intentional movement through life

Coaching Packages

Starter- \$75/hr

- 1 hr **in-person** dance or life coaching private session

Virtual- \$250/month x 3 months OR \$300 month to month

- Two 30 min **virtual** coaching sessions per month
- Unlimited access to virtual coaching software
- Curated homework, progress tracking, worksheets, coaching tools, video review capabilities and more!

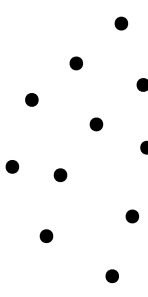
Basic- \$450/month x 3 months

- Weekly 1 hr **in-person** dance or life coaching private session
- Unlimited access to virtual coaching software
- Curated homework, progress tracking, worksheets, coaching tools, video review capabilities and more!

Professional- \$600/month x 3 months

- Weekly 1 hr **in-person** dance or life coaching private session
- Additional weekly 30 min **virtual** life coaching session
- Unlimited access to virtual coaching software
- Curated homework, progress tracking, worksheets, coaching tools, video review capabilities and more!

Premium- \$900/month x 3 months

- 2x weekly 1 hr **in-person** dance or life coaching private session
 - Additional weekly 30 min virtual life coaching session
 - Unlimited access to virtual coaching software
 - Curated homework, progress tracking, worksheets, coaching tools, video review capabilities and more!
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