

AHA Life Lab: Menu of Services

Three Pillars of Wellness

- **Mind** – Ayurvedic Services & Workshops
- **Body** – Yoga, Restorative & Somatic Movement
- **Sound** – DJ Services & Sound Baths

All packages are fully customizable to fit your group, location, and wellness goals. Travel to off-site locations for a special once-in-a-lifetime experience (think “floating sound bath on a private island”!) or build your perfect dream Caribbean retreat from scratch.

* Mobile/resort bookings or private events may incur **flat travel fees** and **overnight accommodation costs**, plus optional **equipment rental add-ons** depending on the event.

1. Mind – Ayurveda Services

Service	Duration	Price Per Person	Notes / Group Size
Introductory Pulse Assessment	30 min	\$50 USD	Learn your Dosha, root causes of symptoms, mini-action steps
Ayurvedic Consultation	90 min	\$150 USD	Full personalized health assessment, recommendations for lifestyle, diet, and remedies
Herbal Remedy & Tea Workshop	1-2 hr	\$50–\$75 USD	Life Lab max 10 participants; learn to make your own remedies at home
Ayurvedic Seminar	2-3 hr	\$125–\$225 USD	Group seminar for Life Lab or private location; max 10 participants
Retreat / Private Tour Package – Half-Day	Half-day	\$300-500 USD	Custom workshops for resort groups; travel/accommodation extra; ideal group 4–10 participants
Retreat / Private Tour Package – Full-Day	Full-day	\$600-800 USD	Full immersive Ayurvedic day experience; travel/accommodation extra; ideal group 4–10 participants

2. Body – Yoga & Movement

Service	Duration	Price Per Person	Notes / Group Size
Introductory Movement Assessment	30 min	\$50 USD	Mobility screening & movement plan
Private Yoga / Somatic Movement	1 hr	\$100 USD	1:1 or Life Lab max 4 participants; ideal for personalized sessions
Group Yoga / Movement Class + Meditation + Breath	1 hr	\$25-\$50 USD	Life Lab (max 4 people) or on-location
Beach / Private Location Somatic Movement	1-2 hr	\$50–\$75 USD	Connect with nature; up to 15 participants; perfect for small resort groups
Restorative / Yin Yoga Workshop or Seminar	1-2 hr	\$50-\$75 USD	Life Lab (max 4 people) or on-location
Retreat / Private Tour Package – Half-Day	Half-day	\$300+ USD	2–3 classes per group; price dependent on number of participants; travel + accommodation extra
Retreat / Private Tour Package – Full-Day	Full-day	\$600+ USD	Multi-class day experience; price dependent on group size; travel + accommodation extra

3. Sound – DJ & Sound Bath

Service	Duration	Price Per Person / Event	Notes / Group Size
Introductory Private Sound Session	30 min	\$50 USD	Private session, sound bowls placed on the body for a healing effect
Floating Sound Bath	1-3 hr	\$50–\$150 USD	Soothing sound bath while floating on pools, rivers, or calm ocean; larger groups priced per group; extra rafts available
Retreat DJ / Fusion Sound Experience	3 hr minimum	\$150–\$250 USD per hr	DJ Services can be added to a Sound Bath or a Sunset Boat Cruise; resorts or private destinations; equipment optional
Retreat / Private Tour Package – Half-Day	Half-day	\$300–\$500 USD	Includes 1–2 hr immersive sound experience; travel/accommodation extra; ideal group 4–15 participants
Retreat / Private Tour Package – Full-Day	Full-day	\$600–\$1,200 USD	Full immersive sound experience; travel/accommodation extra; ideal group 4–15 participants

Premium Packages

- **Holistic Wellness Package (1 Day):** Mind + Body + Sound – 3 hr Ayurvedic workshop/seminar + 2 hr yoga/movement + 1 hr sound experience – \$450-\$600 USD per person
- **Full Immersion Premium Package (Half-Day to Multi-Day):** Includes multiple classes/workshops from each category + 1:1 pulse or movement assessment + personalized herbal kit – \$750-\$1,200 USD per person per day

→ Available on-site at the AHA Life Lab in Placencia or on-location at the destination of your choice. All services are mobile and can be customized for your needs.

Optional Add-Ons for Travel or Off-Site Events:

- Equipment Rental (yoga props, sound equipment, DJ setup): \$50-\$500 per event
- Travel / Accommodation: Flat fee based on location and duration