

COACHING SESSIONS WITH STEPHANIE ROSS-RUSSELL

Teaching languages: English
Portuguese

ONLINE ONE ON ONE SLINGS COACHING

PRIVATE COACHING

60 minutes: GBP 80
90 minutes: GBP 115

SMALL GROUP

Max 4 people. Create a small group and get in touch.

90 minutes: GBP 160
120 minutes: GBP 210

FACE TO FACE SLINGS COACHING - BEFORE OR AFTER COURSES

If you want to book a private coaching session after attending a course with Stephanie, get in touch.

PRIVATE COACHING

90 minutes: 115

SMALL GROUP

Max 4 people. Create a small group and get in touch.

90 minutes: 160

BOOKING

Stephanie Ross-Russell
stephanie@art-of-motion.com

ABOUT STEPHANIE

Senior educator Slings Myofascial Training

