



balans wellness studio

♥ prime location on Boylston street ♥

♥ big, bright, and beautiful space ♥

♥ Boston's only studio with POSTURE at it's core ♥

♥ highest quality and integrated wellness services ♥

♥ professionals with extensive education and training ♥

♥ Owner Marie Aspling, awarded Boston's Best Wellness Guru 2018 ♥

NEW 2019!

Get ONE package - use towards ALL SERVICES *excludes postural therapy

| | | | |
|--------------------------|---------------|---------------|---------------|
| postural pilates | 60 min | 75 min | |
| single | 140 | 170 | |
| pack of 5 | 690 | 840 | |
| pack of 10 | 1350 | 1650 | |
| pack of 20 | 2600 | 3200 | |
| postural strength | 60 min | 75 min | |
| single | 140 | 170 | |
| pack of 5 | 690 | 840 | |
| pack of 10 | 1350 | 1650 | |
| pack of 20 | 2600 | 3200 | |
| postural yoga | 60 min | 75 min | |
| single | 140 | 170 | |
| pack of 5 | 690 | 840 | |
| pack of 10 | 1350 | 1650 | |
| pack of 20 | 2600 | 3200 | |
| postural massage | 60 min | 75 min | 90 min |
| single | 140 | 170 | 195 |
| pack of 5 | 690 | 840 | 965 |
| pack of 10 | 1350 | 1650 | 1900 |
| pack of 20 | 2600 | 3200 | 3700 |

| meditation & mindfulness | 30 min | 60 min |
|-------------------------------------|---------------|---------------|
| single | 75 | 140 |
| pack of 5 | 365 | 690 |
| pack of 10 | 700 | 1350 |

postural therapy

| | 60 min | 75 min |
|------------------------------|---------------|---------------|
| with Marie Founder of Balans | | |
| single | 175 | 215 |
| pack of 5 | 865 | 1050 |
| pack of 10 | 1700 | 2050 |

Booking and Cancellation Policy

To reserve an appointment we require a credit card on file.
 There is a 24-hour cancellation policy for all booked appointments.
 Prices are subject to change.

Thank you for choosing Balans as part of your lifestyle!



bostonbalans.com | (617) 450 8333 | 376 boylston street suite 301 | @balanswellnessstudio