

WHAT'S ON OFFER

Private Sessions & Packages

BALANCE
BRAIN
BODY

WITH FRANCESCA CORCORAN
WWW.BALANCEBRAINBODY.CO.UK





WELCOME

Combining yoga and the latest neuroscience you can achieve results that suit your specific goals.

Try a personalised programme that is carefully planned around your goals and real-time feedback so you can transform your lifestyle.

Francesca Corcoran

HOW IT STARTS

Firstly, fill in this [form](#) with as much information as possible. Then, we will organise a free phone consultation (10-15 minutes) to discuss and determine your aims and if I am the right fit for you and vice versa.

WHAT IS INVOLVED?

Once agreed upon, we will plan a regular slot (whether in person or online) and depending on your needs, this could be monthly, fortnightly or weekly.

In your first session, I will assess your biomechanics and functional neurology. We will also explore a simple neuro-yoga flow.

From then on, each session will involve a quick catch-up for feedback and a bespoke neuro-yoga class carefully planned around your goals.

You will require yoga blocks, resistance bands, light dumbbells and cushions.

To keep your personalised programme up to date and continually evolving, between each class, you will be sent a simple tick-box questionnaire and occasionally bite-sized homework (of less than 5 minutes a day) so you can feel your best all week long.

App membership is also included (usually £30 per month) so you can attend group classes and access the on-demand video library.

WHO IS THIS FOR?

Short answer: anyone!

If you have something in particular that you want to work on, whether that's a medical condition, stress levels or you're just curious about improving how you feel, then you're in the right place.





Pricing - In-Person Sessions

Only available in the Cotswolds & Berkshire.

Free Phone Consultation

In-person sessions are 75 minutes including a meditation and adjustments in savasana.

One Off Session - £75

Packages

10 Sessions - £600

20 Sessions - £1000

Packages are valid for 6 months

Questions?

HELLO@BALANCEBRAINBODY.CO.UK

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Pricing - Online Sessions

Free Phone Consultation

Online sessions are 60 minutes.

One Off Session - £60

Packages

10 Sessions - £500

20 Sessions - £750

Packages are valid for 6 months

Questions?

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Feel your best

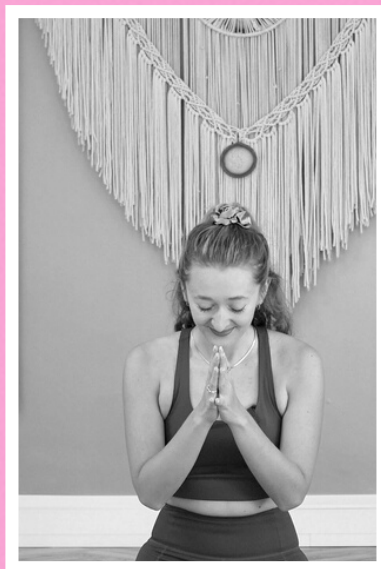
Once you've filled out the form, please contact Francesca to organise your free phone consultation.

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Looking forward to seeing you on the mat soon!

START YOUR JOURNEY TODAY

If there is something you are looking for but don't see, please don't hesitate to get in touch.