Personal Movement Coaching

MOTION MATTERS

with Philipp Egli
Sense & Move

Price List

Introductory meeting
30 minutes — free of charge
In a non-binding conversation, we will get to know each other, discuss your wishes and goals and see if my coaching suits you.

Packages

1:1 Personal Coaching
75 minutes — CHF 180
An individual coaching session, tailored to your personal needs, goals and your level of movement.
90 minutes — CHF 210
More time and higher intensity for bodywork, movement, dance, technique and the individual deepening of your topic.

Personal Coaching Packages
5 × 75 minutes — CHF 850
You save CHF 50 compared to the individual sessions.
10 × 75 minutes — CHF 1,650
You save CHF 150 compared to the individual sessions.
5 × 90 minutes — CHF 980
You save CHF 70 compared to the individual sessions.
10 × 90 minutes — CHF 1,900
You save CHF 200 compared to the individual sessions.
The packages enable continuous monitoring and sustainable development.

Coaching for couples or a small group
Moving, learning and discovering together.

Couples
75 minutes — CHF 240
90 minutes — CHF 280
Couples coaching is suitable for couples as well as for two people who want to work together on movement, dance and body awareness.

Small group
On special request, I can also offer you coaching in a small group of up to a maximum of 8 people:
• Would you like to spend a special evening with your friends or colleagues or immerse yourself in a different world of movement together with your friends on a weekend?
• Or are you a couple of friends who want to meet each other anew through exercise?
Contact me to discuss your ideas and needs in more detail! Coaching packages for couples or a small group can be offered according to a similar pattern as individual coaching with corresponding discounts.

Location

Affoltern am Albis:
TANZraum
Alte Obfelderstrasse 68
8910 Affoltern am Albis
You can book your training in our TANZraum. This is the easiest because we don't have to find and rent another studio.

Zurich area:
Here I know different movement rooms that are suitable for personal coaching. If I know where you want to train, I look for the best option and the availability of the rooms.

Other:
Special events and extended coaching sessions can also take place at locations of your choice. Let me know what your idea is.

All dates are fixed by personal arrangement.

Cancellation policy
Appointments can be cancelled or postponed free of charge up to 24 hours before the start.
In case of cancellation within 24 hours, 50% of the session price will be charged.
In case of cancellation within 12 hours or in case of no-show, the full session price will be charged.
In the event of illness or unforeseeable emergencies, we will of course find a fair solution.