



Physical Culture

Distance Training Rates and Information

Distance Training with LIFT = \$80/month.

Payment is accepted via PayPal (credit cards).

Payment is due in advance of any training.

Payment is expected for sessions canceled with less than 24-hours' notice.

Training requires an internet connection, and a weekly 30-minute in-person video chat via Skype or iChat.

Location

Anywhere.

Why LIFT?

Science, experience, and sensitivity - to help you on your path of self-discovery, self-reliance, and self-mastery through movement.

If you aren't on a path like that, LIFT is not for you.

If you are - [contact LIFT now.](#)