

## **Characterological Based Strength Training (CBST™):**

For clients engaging in the intensive Characterological Based Strength Training Program, Thorodin Counseling & Consulting, LLC currently offers the following rates:

### **6 month package \$18,000:**

- This includes 2 Counseling/Somatic Psychotherapy Sessions per week for the first 3 months.
- 10 Personal Training/Bodybuilding sessions per month
- 1 Counseling/Somatic Psychotherapy session per week for the latter three months.

