

# CORPORATE GROUP WELLNESS EXPERIENCES



## Transcendental Breathwork

A group exercise to reduce stress while promoting open communication. This style of breathwork is known to balance emotions, reduce chronic pain suffering, and increase clarity of thought.

Perfect for groups of any size.

\$200 instructor fee applies.

30 Minutes

\$250 instructor fee applies.

45 Minutes

## Sound Bathing

Sound baths are a simple yet impactful way to stimulate the immune system, improve creativity, and clear habitual negative thought patterns. A meditative experience that helps transition the brain from Beta waves into the Alpha and Theta brain wave range.

Ideal for groups of 30 or less.

\$250 instructor fee applies.

30 Minutes

\$300 instructor fee applies.

45 Minutes



## Tipi Wellness Session

Take a deeper dive into wellness with this group development experience. Each person in the group will be guided through a grounding ceremony, intention setting, and action step discovery while enjoying heart-centering cacao and relaxing Kava tea.

Available for groups of 10 or less.

\$350 instructor fee applies.

75 Minutes

