

WORKSHOPS



1) CORE VALUES

A fun and practical approach to helping our bodies and minds stay healthy and resilient. Join us for tips and exercises to foster physical strength and improve work/life balance. This offering includes movement, using your chair as a tool to help alleviate aches and pains, and mind/body exercises to improve well-being. The combination helps build resilience.

2) MINDFULNESS MEDITATION

Research on meditation shows a strong benefit for everything from mental wellbeing and sleep to immune function and resilience. Mindfulness Based Stress Reduction (MBSR) is a yoga technique to learn meditation. This course will offer lots of different ways to bring yourself into a meditative state, including movement, breathing, sound, and conscious awareness.

3) DESK DYNAMICS

Combine the wisdom of desk ergonomics with chair yoga! Learn how to release your tight neck and shoulders and your sore lower back throughout the day in this practical course.

4) WORKPLACE STRESS MANAGEMENT

Stress can be a challenge or a burden. Learn to recognize the stressors you're exposed to and make behavioral changes to manage those stressors with confidence. We will also share a restorative practice for relaxation and discuss other resources available.

5) UP YOUR GAME

Yoga stretching and breathing for improved athletic performance. Many famous athletes including LeBron James, Tom Brady, Serena Williams, and Tiger Woods credit their yoga practices with staying in championship form. Learn skills to stay healthy and active in your favorite sport.

6) YOGA REMEDIES FOR DAILY LIFE

This class is individualized for your team. Participants will be asked to send a list of ailments to the instructor to be addressed during class.

7) DAILY WIND DOWN

Guided visualization is an ancient yogic technique to bring the body into a deep state of relaxation. This class is a great end-of-day event to send you home relaxed and ready for a pleasant evening and good nights sleep.

8) BREATHING & MOVING FOR STRESS RELIEF

The way you breathe changes the way you feel. Athletes frequently pump up their breath before a game to increase adrenaline. Just as important is smoothing out your breath to reduce stress and improve focus. Learn from a myriad of breath and movement techniques to help improve concentration and general wellbeing.

Robin Gueth, Owner & Founder

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PRICE LIST



CORPORATE WELLNESS

SILVER

WORKSHOP

- 1-3 hours
- Groups up to 100 = \$350/hr
- Groups up to 200 = \$700/hr
- Groups over 200= \$700/hr +\$4/participant <200

GOLD

WELLNESS PACKAGE

- 4 workshops per year
- Topics of your choice
- Discounted package pricing
- Groups up to 100 = \$300/hr
- Groups up to 200 = \$600/hr
- Groups over 200= \$600/hr + \$4/participant <200

PLATINUM

ONGOING WELLNESS

- Ongoing classes - 1 per week (min. 3 months)
- Class time set at your convenience
- Best value
- Groups up to 100 = \$280/hr
- Groups up to 200 = \$560/hr
- Groups over 200= \$560/hr + \$4/participant <200

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MASSAGE

Revitalize your workplace with our Corporate Wellness Massage services! Designed to enhance employee well-being and productivity, our selection of services provide a quick and effective way to alleviate stress and tension during the workday. Competitive quotes upon request.

1) HAND MASSAGE

Relaxing hand and wrist massage is great for repetitive stress injuries and relieves carpal tunnel. Our therapists are specialists in shoulder and arm release. Clients walk away with relaxed wrists and soft hands in as little as 5 minutes. A crowd favorite!

1 therapist can see up to 10 people/hour.

2) CHAIR MASSAGE

Our certified massage therapists will set up in a designated area of your office, offering 10-15 minute sessions that target key areas such as the neck, shoulders, and back. This fully clothed experience is perfect for busy professionals.

1 therapist can see up to 5 people/hour.

3) WORKSTATION MASSAGE

Too busy to break away? Would it be easier for your team to stay at their desks? We can send bodyworkers to your team at their workstations for 10-15 minutes of neck, shoulder, and hand massage. A special favorite of ER nurses!

1 therapist can see up to 6 people/hour

4) TABLE MASSAGE

Table massage is frequently requested as a special reward at off-site meetings or retreats. These massages are typically longer in length (30-60 minutes) and can be fully clothed.



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