

# Taking Your Business To The Next Level With



Envision a moment of corporate wellness like no other: You step into a dedicated wellness center with your colleagues and instantly, the atmosphere undergoes a positive shift. A tranquil ambiance envelops you, fostering a sense of calm, centeredness, and heightened focus.



This is not your ordinary wellness workshop. Guided by skilled counselors and hypnotherapists, this workshop is a fusion of cognitive-behavioral techniques, evidence-based practices and mindfulness. Workshops are tailored to your specific needs and include a Mindful Meeting and sound bowl meditation. Workshop topics include (but are not limited to):

- Balance
- Uncertainty and Change
- Burnout
- Mindfulness in the Workplace

2 hour workshop for up to 15 participants: \$1000

Unlock the potential of your team.



Private corporate day retreats available upon request. Email for more info.