



SACRED HOUSE

Sacred House Corporate Wellness

At **Sacred House**, we believe that employee well-being is the foundation of a thriving workplace. Our Corporate Wellness Program offers tailored solutions designed to reduce stress, enhance productivity, and foster a healthier, more engaged team. By prioritizing holistic wellness, we help create a workplace where employees feel balanced, motivated, and empowered to perform at their best.

Our Approach:

Holistic Wellness

We take a holistic approach to wellness, addressing the physical, mental, and emotional well-being of your employees.

Customized Solutions

Our programs are tailored to meet the unique needs and goals of your organization, ensuring maximum effectiveness and engagement.

Experienced Practitioners:

Our team of experienced wellness professionals includes certified instructors, coaches, and practitioners who are dedicated to supporting the well-being of your employees.

Our Offerings

- **Mindfulness Workshops:** reduce stress, improve focus, and enhance overall well-being.
- **Yoga and Movement Classes:** Promote physical health and vitality tailored to all fitness levels.
- **Nutrition and Wellness Coaching:**empower healthy lifestyle choices with personalized coaching sessions.
- **Stress Management Seminars:** practical tools to effectively manage stress and maintain a healthy work-life balance.
- **Team Building Activities:** Foster camaraderie and collaboration among employees,

The Benefits

- ✓ **Reduces Stress & Burnout** – Support your employees in managing workplace pressures
- ✓ **Boosts Productivity & Focus** – Mindfulness improves concentration and efficiency
- ✓ **Enhances Morale & Retention** – A well-supported team is a loyal and engaged team
- ✓ **Encourages Movement & Balance** – Relieves tension from prolonged sitting or standing
- ✓ **Creates a Positive Workplace Culture** – A healthy team is a thriving team



A la carte Services:

Enhancing Employee Well-Being Through Mindfulness & Movement

Release & Recharge: Sound Bath Meditation - Breathwork Session

Guided breathwork and a restorative sound bath designed to release stress, clear the mind, and restore energy.

\$444
45 MIN

Flow & Focus: Yoga & Movement for Workplace Wellness

Gentle movement session to combat stiffness and fatigue customizable for all mobility levels.

\$333
60 MIN

Nourish & Thrive: Juicing & Healthy Eating for Energy

Interactive demonstration (and tasting!) on workplace nutrition for sustained energy and overall health.

\$450
60 MIN

Resilient Workplaces: Trauma-Informed PD

Help recognize the impact of stress and trauma in the workplace, while fostering a culture of resilience, mindfulness, and emotional intelligence.

\$600 90 MIN | **\$800** HALF DAY WORKSHOP

Create & Connect - Art Therapy for Stress Relief

Expert guided expressive arts session like "Sip and Paint" or Journaling to reduce stress and promote creativity.

\$888
3 HR INCLUDES ART SUPPLIES

Restore & Align - Massage & Relaxation

Healing relaxation stations with options like swedish massage, acupressure bioharmonic sound bed, red light therapy, PEMF, oxygen bar, and more.

\$555-\$888
VARIES BY SERVICE

Special Offer **CHOOSE 3 OR "CREATE YOUR OWN" FULL WELLNESS DAY: \$2,500 AND UP**