SACRED HOUSE

House Corporate Welness

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.

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.

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,

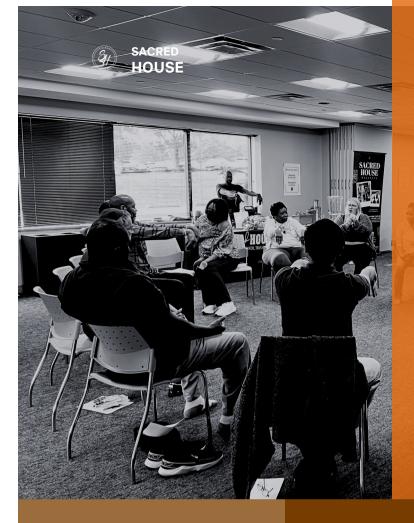
The Benefits

- 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

SACRED HOUSE 1041 W Baltimore St. Baltimore, MD 21230

Get in Touch 443-552-0283 programs@sacredhousemd.com

www.sacredhousemd.com



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

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

Flow & Focus: Yoga & Movement for Workplace Wellness

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

> **\$333** 60 MIN

> > **\$888**

3 HR INCLUDES ART SUPPLIES

Create & Connect – Art Therapy for Stress Relief

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

Juicing & Healthy Eating for Energy

Nourish & Thrive:

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

\$450 60 MIN

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



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