

# CORPORATE WELLNESS: IN PERSON



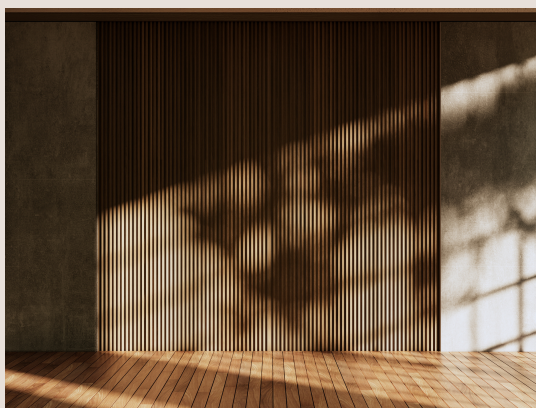
SOUND MEDITATION INDUCES DEEP STATES OF RELAXATION. PROVEN TO HELP REDUCE STRESS AND ANXIETY, PROMOTE CREATIVITY, AND FOCUS. THIS MODALITY IS TYPICALLY PRACTICED LYING DOWN  
**SUGGEST 30 OR 45 MIN | \$500**

## *SOUNDBATH*



GUIDED RELAXATION TECHNIQUES TO CALM AND RESET. PERFECT FOR YOUR MORNING, LUNCH BREAK OR TO END THE WORK DAY!  
**SUGGEST 15 OR 30 MIN | \$300**

## *MEDITATION*



COMBINES GENTLE FLOOR STRETCHES AND A SLOW STANDING FLOW, ENDING WITH GUIDED MEDITATION AND/OR BREATHING TECHNIQUES. LEAVE FEELING RELAXED AND REFRESHED!  
**SUGGEST 30 OR 45 MIN | \$400**

## *YOGA*



COMBINES GENTLE MOVEMENT AND BREATHING TECHNIQUES TO HELP SUPPORT VITALITY, FOCUS, AND CLARITY.  
**SUGGEST 15 OR 30 MIN | \$300**

## *BREATHWORK*



COMBINE MULTIPLE MODALITIES TO CREATE A CUSTOM SESSION.  
SUGGESTED COMBINATIONS:  
YOGA + BREATHWORK  
BREATHWORK + SOUND BATH

**SUGGEST 45-75 MIN \$850**

## *ALACARTE*

contact [hello@loveandalchemy.com](mailto:hello@loveandalchemy.com) for more information



# Corporate *Membership Options*

Maintain | \$1,000/Quarter  
Includes one *monthly* session

Transform | \$1,300/Month  
Includes one *weekly* session

**Additional Sessions are only**  
*\$250 for Yoga or Sound Bath*  
*\$200 for Meditation or breathwork*

Invest in your team's happiness,  
mental health, and well-being with  
consistent sessions to reduce stress and  
recharge during the work day!

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