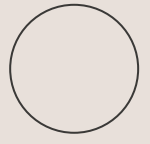


CORPORATE WELLNESS: VIRTUAL



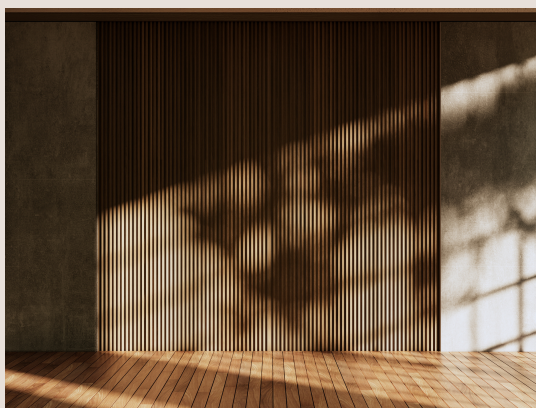
SOUND MEDITATION INDUCES DEEP STATES OF RELAXATION. PROVEN TO HELP REDUCE STRESS AND ANXIETY, PROMOTE CREATIVITY, AND FOCUS. THIS MODALITY IS TYPICALLY PRACTICED LYING DOWN
SUGGEST 30 OR 45 MIN | \$350

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 | \$200

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 | \$300

YOGA



COMBINES GENTLE MOVEMENT AND BREATHING TECHNIQUES TO HELP SUPPORT VITALITY, FOCUS, AND CLARITY.
SUGGEST 15 OR 30 MIN | \$200

BREATHWORK



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

SUGGEST 45-75 MIN \$550

ALACARTE

contact hello@loveandalchemy.com for more information



Corporate (*Virtual*) Membership Options

Maintain | \$650/Quarter
Includes one *monthly* session

Transform | \$900/Month
Includes one *weekly* session

Additional Sessions are only
\$150 for Yoga or Sound Bath
\$100 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!

contact hello@loveandalchemy.com for more information