

WELLNESS PACKAGES

Sound Healing & Somatic Renewal

A half-day immersion in sound, movement, connection & resonance



DURATION

3.5 - 4 hrs

GROUP

10-50

VENUE

custom

PROGRAM FLOW

OPENING CIRCLE · 10-30 MIN

Opening Breathwork

OI

A guided breathwork session to arrive fully ~ landing from travel, easing the nervous system, and creating a unified group field.

Techniques draw from pranayama, Polyvagal Theory and somatic awareness. Appropriate for all ages and experience levels.

COHERENCE BREATHING

SOMATICS

ACTIVATING PRANAYAMA

MOVEMENT & ENERGY · 45-60 MIN

Embodied Movement

02

Choose a modality to suit your team's energy and culture. Each pathway integrates breath, presence, and intentional movement. No prior experience required.

YOGA

QIGONG

ORIGIN HARMONICS

INTEGRATION BREAK · 10 MIN

CONNECTION & PLAY · 30-45 MIN

Relational Wellness

03

Deepen team connection through cathartic practices that build presence, trust, lightheartedness, and authentic expression. Choose the tone that fits your group ~ introspective or joyfully unhinged.

AUTHENTIC RELATING

SOMATIC LAUGHTER GAMES

RITUAL THEATER

INTEGRATION BREAK · 20 MIN

Crystal Bowl & Gong Sound Bath

04

Participants may lie or sit on meditation cushions, and be enveloped in crystal singing bowl tones, gongs, and harmonic frequencies. Deeply restoring for the nervous system, emotional regulation, enhancing group cohesion, often felt as the equivalent of hours of deep sleep.

45
MINUTES
Included

60
MINUTES
+ complete

90
MINUTES
+ Premium

RECOMMENDED

ESSENTIALS

\$75 /pp

Opening, 1-movement or relational module + 45-60 min sound bath

COMPLETE HALF DAY

\$130/pp

Complete 4-module experience with 60-min sound bath

PREMIUM

\$300/pp

All materials provided (meditation cushions, organic snacks, drinks, etc). Choose 6 modules, with 60-75 min sound bath

Sound · Breath · Presence · Joy

Every Experience is Customizable

TAILORED TO YOUR TEAM

All modules are adaptable to your team's goals, physical comfort levels, and desired outcomes. Whether that's stress reduction, enhanced physicality, creativity ignition, or bonding, packages can be themed around specific intentions. Additional facilitators are available upon request for larger groups, and more hands-on attention. Meals, cushions, ambience can be included.

STRESS RECOVERY

TEAM COHESION

CREATIVE RESET

LEADERSHIP WELLBEING

OFF-SITE RETREAT

RELATIONAL BONDING
