

AN IMMERSIVE HEALTH EXPERIENCE.

We transform your space into a spa-like wellness retreat. Each is hand-crafted to **engage all 5 senses** as experts lead employees on an immersive journey through **relaxation and rejuvenation** experiences.

Our retreats are **designed to engage and educate**. Attendees will leave with a toolkit to use anytime, anywhere.

PLAN YOUR RETREAT

LEARN MORE

Classic

\$3000 3 HR; UP TO 200 PEOPLE (outside Baltimore/DC add. costs may apply)

AROMATHERAPY

Discover how a collection of essential oils can refresh your mind, body and spirit.

BRAIN GAMES

Come play some games designed to release your mind, improve memory and focus.

VIRTUAL REALITY MEDITATION

Discover yourself during this immersive experience that enhances relaxation in a virtual reality environment.

AND ONE OF

STRESSBUSTERS: BUBBLES & BREATHWORK

Harness the power of breathing to help energize, relax or regulate.

MINDFUL EATING

Explore the causes of emotional eating and learn three powerful techniques to overcome it.

AND ONE OF

CHAIR YOGA *

Our yoga specialist guides you through a series of office yoga, that you can do everyday.

REIKI/ENERGY MASSAGE *

Experience the relaxing power of Reiki in a session with our Reiki Master.

Enhancements

3 HRS UP TO 100 PEOPLE

HYDRATION BAR \$650

Enjoy an assortment of infused waters, each with a unique flavor profile complemented by aroma and sound.

GUIDED CHRYOTHERAPY \$550

Harness the restorative powers of the cold. Learn stress reduction techniques while your hands and arms are immersed in ice water.

TEA TASTING BAR \$675

Sip on perfectly brewed selection of teas while exploring the health benefits of this amazing drink.

ASSISTED STRETCHING AND MOVEMENT * \$650

Improve flexibility and increase your range of motion with this super stretch and myofascial release class.

ERGONOMICS & OFFICE EXERCISES \$500

Enhance your posture with simple body alignment, strength, cardio and stretching techniques to help alleviate and prevent pain.

MOCKTAILS OR SMOOTHIES CUSTOM

We'll create fresh drinks to sample along with recipe cards and instructional videos.

FOOD CUSTOM

We'll prepare snacks, proteins or desserts crafted to complement and integrate into the sessions.

Attendees get goodie bags and access to videos that complement the sessions.

**Uses noise cancellation and music to provide a transformational experience.*