

INSPIRING PERSONAL HEALTH EPIPHANIES

Our unique spin on an in-person "health fair".

Get a flavor of all sorts of health and wellness as you're guided by experts through a series of hands-on, practical health workshops to learn real world strategies that will improve their health and wellness.

[CLICK TO PLAN](#)

WUNSUPONA THYME

Starts at \$1450 for up to 4 experiences over 2 hours (~100 attendees) from our selection. Add'l costs may apply.

AROMATHERAPY

Discover a collection of essential oils designed to energize your mind, body and spirit.

BRAIN GAMES

Play some games designed to rejuvenate your mind, improve memory and focus.

GUIDED CRYOTHERAPY & BREATHWORK

Delve into the restorative powers of the cold while your hands and arms are submerged in ice.

MICROMOMENT STRESSBUSTERS

Learn some ricks to help avoid burnout and manage your stress in the moment.

VISION BOARD CREATION

Learn how to create small achievable goals that will help reach your vision.

FIND YOUR FOCUS

Train your brain to enhance its ability to focus on the important things and reduce distractions.

ERGONOMICS & OFFICE EXERCISES

Enhance your posture with simple body alignment, strength, cardio and stretching techniques.

CREATE YOUR OWN HAPPINESS

There are 4 happy chemicals. Learn the science and how to get them rev'ed up.

ASSISTED STRETCHING & MOVEMENT

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

ENHANCEMENTS

à la carte items that will enhance your Thyme or Immersion experience

HERB HYDRATION BAR 500

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

TEA TASTING 650

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

VIRTUAL REALITY MEDITATION 500

Discover yourself in this immersive, meditation experience in a virtual reality environment.

MOCKTAIL BAR CUSTOM

Innovative spin on classic cocktails make a perfect way to add a social component to your experience.

WUNSUPONA BITES CUSTOM

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