



SAMPLE

# HEALTH & WELLNESS PACKAGES

Pick and choose as many classes and workshops as you like. To get you started we've compiled some examples of packages you might be interested in.



## 1. MIND, BODY & SOUL PACKAGE

Pilates class + Creative Writing Workshop + Meditation



## 2. HEALTH & WELLNESS MONTH

4 x Pilates Classes (1/week)

4 x Yoga Classes (1/week)

Intuitive Eating Workshop (1hr)

Postural Assessment Workshop (1.5hr)

Life Coaching (1.5hr)

Relationship Workshop (1.5hr)

YOU CHOOSE HOW MANY AND HOW OFTEN - WEEKLY, MONTHLY OR  
ONE-OFF SPECIAL EVENTS



## 3. FEEL GOOD FRIDAYS

On Fridays offer your employees a Massage, Manicure, Mini-facial and Barber.



## 4. TEAM-BUILDING DAY

Relationships workshop + Plant Ball making workshop + Tea making workshop + Drumming workshop