



Employee Wellness Program

Complementary Healing Modalities Offered

We provide staffing for the following:

Yoga (Fitness + Therapy)

Habitually sitting, standing, walking, lifting, or driving creates stiffness and eventual wear and tear. Yoga helps to lengthen and condition muscle fibers to provide physical and mental relief. Guided breathing also helps to refuel the body and particularly the brain to prevent mental burnout.

Physical Fitness

Bring fitness right to the workplace for an instant energy boost, perfect during the midday lulls. Meanwhile, through movement and exercise, employees increase endorphins and boost their immune system to reduce sick days or doctors visits.

Guided Meditation & Imagery

This powerful practice rewires critical pathways in the brain to promote positive feelings and mindfulness.¹ It is the mind's reset button to enhance focus and stimulate creativity. Its stress relieving effects also encourages more effective communication and collaboration among team members and clients/customers.

Massage (Chair or Table Sessions)

Treat your employees and executive team to massages to relieve aches and knots in the body. Sessions may be offered in chairs or on massage tables with a variety of massage techniques ranging from deep tissue to specialty energy balancing massages.

Acupuncture or Cupping

This time-tested traditional Chinese technique aids in pain relief, stress reduction, and balances the body's internal systems by stimulating circulation through the body. Needleless option (cupping) also available. These treatments are both preventative and curative to reduce healthcare costs.

Sound Bath

This unique experience is created with instruments such as singing bowls, chimes, and tuning forks, which help to remove physical and mental blockages. Simply lie back to experience a deep state of relaxation and allow the body and mind to recharge at the cellular level.

**Other modalities as requested may be available with our network of therapists.*