

Mindful Life, Mindful Work: Corporate Packages

Designing Professional Life with Personal Value in Mind

OPTION #1 (ON-SITE YOGA)

- Weekly on-site 50-min. personalized yoga classes.
- Optional Add-On: Expanding to more than 1 yoga session per week.
- Optional Add-On: 25-min. yoga phone consultations with instructor are available to participating employees at a rate of \$75 per call. Organization decides whether employees or the organization will finance this option.

Cost Option #1 w/o Add-Ons: \$1050/month

OPTION #2 (YOGA & GROUP/TEAM FACILITATION)

- All things from OPTION #1 above.
- Bi-Monthly (**two/month**) 90-min. Group/Team Facilitation Sessions via remote teleconferencing (available to both local and international teams).
- Optional Add-On: Weekly Leadership Coaching can be added at a rate of \$1200 per month per additional leader receiving 1:1 coaching.

Cost Option #3 w/o Add-Ons: \$2100/month

OPTION #3 (YOGA & LEADERSHIP COACHING)

- All things from OPTION #1 above.
- 1:1 weekly 50-min. Leadership Coaching Sessions (four/month) for **two** leaders within the organization (Managers or C-Suite personnel). Sessions occur remotely via phone.
- Optional Add-On: **Weekly** 50-min. Group Facilitation sessions can be added at a rate of \$1200 per month.

Cost Option #2 w/o Add-Ons: \$3150/month

COACH2LEAD TRAINING FOR LEADERS

- 14-Week Blended Learning Training (Video Modules, Group Calls, Buddy Work, Self-Study, and Journaling)
- Leaders learn to coach others within the organization.

Cost of Coach2Lead: \$3495/participant

NOTE: Additional services, including mindfulness training, business coaching, group retreats, coaching for sales teams, full-service wellness programs, negotiations, financial coaching, and nutritional coaching can be delivered for individuals, teams, and the organization as a whole. Contact us for details.