

Workplace Wellness

BY SOULSIDE HEALING ARTS

The ancient tradition of yoga is a powerful preventative and holistic health measure. A growing body of research asserts yoga's benefits, from heart and muscle health to mental and emotional stability. Regular practice of yoga mitigates the all-too-common negative health outcomes of stress. Soulside Healing Arts is a 501c3 working to make the benefits of yoga more accessible.

BASELINE SESSION RATES

20 to 40 minute session: \$100/session
45 to 60 minute session: \$130/session

RECURRING SESSION DISCOUNT RATES

1x per month: 10% off baseline rate
2x per month: 15% off baseline rate
3x per month: 20% off baseline rate
4x per month: 25% off baseline rate

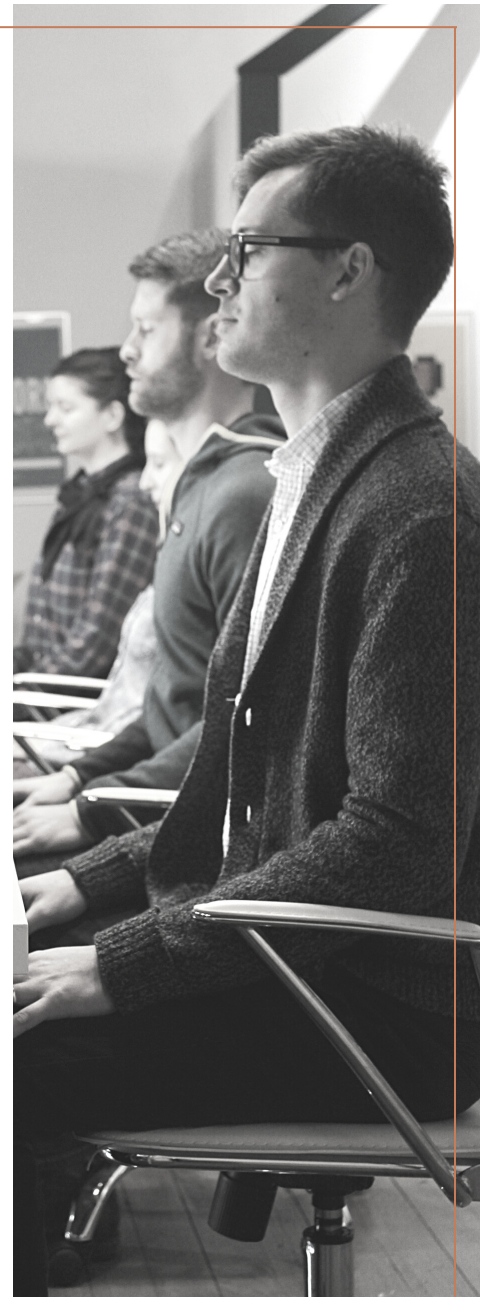
SESSION OPTIONS

- Group Meditation & Breathwork
- All-Levels Yoga Mat Class
- Chair Yoga Class
- Meditation Education
- *How the Body Stores Trauma and What to do About It* presentation
- Customized session based on your group and goals

SESSIONS CAN BE VIRTUAL, AT SOULSIDE, OR ON-SITE

- For on-site sessions, participants are responsible for their own mats, props, etc.
- Soulside's studio is located at 1311 SW Adams St. and has space and equipment for up to 15 participants.

Nonprofits receive extra 15% off all rates



"I was able to reenter my work-week with a renewed calm and purpose."



SOULSIDE

soulsidehealingarts.com

[@soulsidehealingarts](https://www.instagram.com/soulsidehealingarts)



"That mid day yoga session was the perfect pause in a busy day and a great way to get out of my cubicle. I was able to clear my mind and refocus. Whether you're a beginner or pro the class was easy to follow and my body was thanking me for the much needed stretching."

MORE CREATIVE WAYS TO PARTNER WITH SOULSIDE

STUDIO MEMBERSHIP

Discounted bulk membership package allows employees to explore Soulside's full schedule of in-studio offerings at their leisure.

Employees attend free; workplace is invoiced \$8/visit at end of month.

CORPORATE RETREATS

Yoga, meditation, and mindfulness brought to you or enjoyed in our downtown studio, all equipment provided. Team building through movement, breath, and other wellness techniques to promote clarity and connection. Turn it into a full day by renting our space to finish out your retreat agenda.

Pricing available upon request.

1:1 MINDFULNESS & MOVEMENT CONSULTATIONS

Employees sign up for a 25 minute session. A personalized movement and mindfulness plan is established based on tension, habits, and goals. Employee survey must be filled out at least 1 week in advance.

Minimum of 2 and maximum of 8 employees per day.

\$60/person.

Rates shown are for organizations within a 15 mile radius of Soulside or those receiving virtual services. Please inquire for pricing if outside of 15 mile radius. Rates are subject to vary based on travel time and preparation required by Soulside instructors, amount of attendees, and other varying factors. No experience necessary for any service listed above.

Suggested Yoga Prop Retailers:

www.everydayyoga.com

LOCAL: www.clumsi-yogi.com/contact-us