

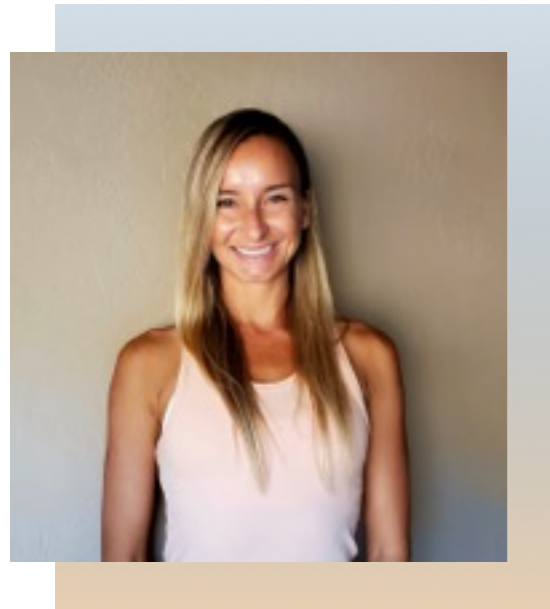
Corporate Wellness

Programs and Packages



INTRODUCTION

WELCOME to your Corporate Wellness Journey!



My name is Polina K. I am Corporate Wellness expert, meditation teacher and mindset coach with over 1000 certified hours of formal trainings in meditation, breath work, yoga and other personal development coaching programs.

Recognizing the need for mental and emotional wellbeing in the corporate world, I created the All is Within Wellness Program. Using a holistic approach, I combine a potent combination of time-tested teachings and evidence-based practices that have been proven to **reduce stress, anxiety, and depression, while improving productivity, creativity, focus and overall wellbeing.**

I've been partnering with organizations to create fully-customizable corporate programs since 2016. These programs are tailored to your company needs and schedule. Classes are both online and in person.

Corporate wellness programs are in demand, as evidenced by 52% of U.S. companies offering wellness programs of some kind. Approximately 72% of companies reported they saw a reduction in healthcare costs after implementing a wellness program, with 84% reporting higher employee productivity and performance.

YOUR TIME IS THE MOST VALUABLE RESOURCE.

MEDITATION GIVES YOU MORE TIME!

PROGRAMS AND PACKAGES

1. HAPPY HOUR MEDITATION

This is a perfect session for a wellness day or event. Give your team an EXPERIENCE of ease and calmness.

A typical session includes:

- Preparation for meditation (gentle movement, and yes you still can keep your tie or heels on, no sweat here:)
- Breath work to stabilize and balance energy (simple breathing techniques for everyday busy life)
- Meditation (calm your agitated mind through specific techniques or guided meditation)

We can work with you to build a session/program that meets whatever topic/criteria is the most important.

	On site Session	Online Live Session
60 minutes	\$600	\$450
30 minutes	\$450	\$300

* All Online sessions are done via ZOOM. The Zoom link will be provided.

* Up to 100 employees can attend. .

2. MOVEMENT + MEDITATION

This package offers a combination of **CHAIR YOGA+MEDITATION**. This is a perfect session for a “*Wellness Break*” (remote or onsite).

- You’ll be guided through gentle movements that are suitable for EVERY LEVEL. No yoga mat needed, no stretchy clothes, it’s done from the comfort of your chair:)
- A typical practice targets back,neck/shoulders, wrists, combined with conscious breath, leaving you feeling rejuvenated and at ease.
- Every session is finished with a meditation or breathwork.

	LIVE ONLINE CLASS	IN-PERSON CLASS
30 minutes	<i>(Most popular)</i> \$300	\$450
60 minutes	\$450	\$600

*All Online sessions are done via Zoom.

*Up to 100 employees can attend.

3. LEARN TO MEDITATE

If you are looking to offer your team more consistent meditation sessions and teach them how to implement it into their daily lives, this package includes **THEORETICAL** and **PRACTICAL** parts.

Sessions consist of exploring topics like:

- What is meditation?
- How do we start and maintain consistent meditation practice?
- What are the obstacles that we face when we start to meditate?
- How does meditation help reduce stress and anxiety and improve overall wellbeing?

Followed by an experiential part which includes:

- Preparation (gentle movement to relax the body so that we can sit with ease).
- Centering and stabilizing breath work
- Specific meditation techniques or guided meditation and silent meditation.

*This is a 5 or 10 class package of 30 minutes or 60 minutes each session (unless you prefer 20 or 45 minutes).
Classes can be scheduled as 1-2 classes per week, at times that are most suitable for your team.*

	Package of 5 30 minutes	Package of 5 60 minutes	Package of 10 30 minutes
On site Sessions	\$2100	\$2600	\$4000
Live Online Sessions	\$1400	\$2100	\$2600

*All Online sessions are done via Zoom.
*Up to 100 employees can attend.

4. BREATHE INTO WELLBEING

Every day we see new studies coming out about the power of the breath. Breathing allows us to hack into our **nervous system, control our immune response and restore our health**, which results in fewer sick days, increased productivity and overall happiness.

A BREATHING session includes:

- **THEORETICAL PART.** We discuss the basics of breath and how breathing affects your body, mind and energetic state in different ways.
- **PRACTICAL PART.** Through direct experience we'll learn simple breathing exercises which can be applicable at ANY TIME during your busy day.

The breathing practice can be tailored to your team's needs (whether it's reducing stress or boosting energy).

LIVE ONLINE CLASS (15 or 30 minutes)

- Great classes to start your morning with (OWN YOUR DAY)
- Perfect at a lunch break for a quick pick-me up energy and brain boost.

IN-PERSON CLASS (30, 45 or 60 minutes)

Deeper dive session

- Theory
- Practice
- Q&A

	On site Session	Online Live Session
60 minutes	\$600	\$450
30 minutes	\$450	\$300

HAVE QUESTIONS?

Give us a call at 718-844-2415

or email at

polinakalyuzhina@gmail.com

