



# Corporate Wellness

*Inspiring presence, connection,  
and wellbeing for your team.*

# Wellness Begins Here

Radiant Heart Yoga & Wellness offers thoughtfully designed wellness services to support staff well being, stress management, and nervous system regulation. Our services are created for workplaces seeking accessible, meaningful ways to support their teams in navigating the demands of daily work life.

Each offering blends gentle movement, breathwork, sound based practices, and nervous system informed tools to help participants reduce stress, improve focus, and cultivate resilience. Sessions are grounded, inclusive, and designed to meet people where they are regardless of prior experience with yoga or wellness practices.

All services are offered as 60 minute experiences and can be adapted to fit a variety of professional settings, including corporate offices, schools, healthcare environments, and nonprofit organizations. Practices are accessible to all bodies and experience levels, with options that can be done seated, standing, or lying down depending on space and participant needs.

Radiant Heart's approach emphasizes practical application and sustainability. Participants leave each session not only feeling more relaxed, but also equipped with tools they can integrate into their workday and daily life.

We look forward to collaborating with you to create wellness experiences that support your staff in feeling grounded, supported, and more present.



# Wellness Services Menu

All services are offered as 60 minute sessions

## Pricing Overview

Core wellness sessions are offered at \$175 per session.

Sound bath sessions are offered at \$200 per session.

Enhanced sound based experiences are offered at \$250 per session.

## Chair Yoga for the Workday

A fully accessible, workplace friendly session designed to relieve tension from sitting, screen use, and repetitive movement.

Includes

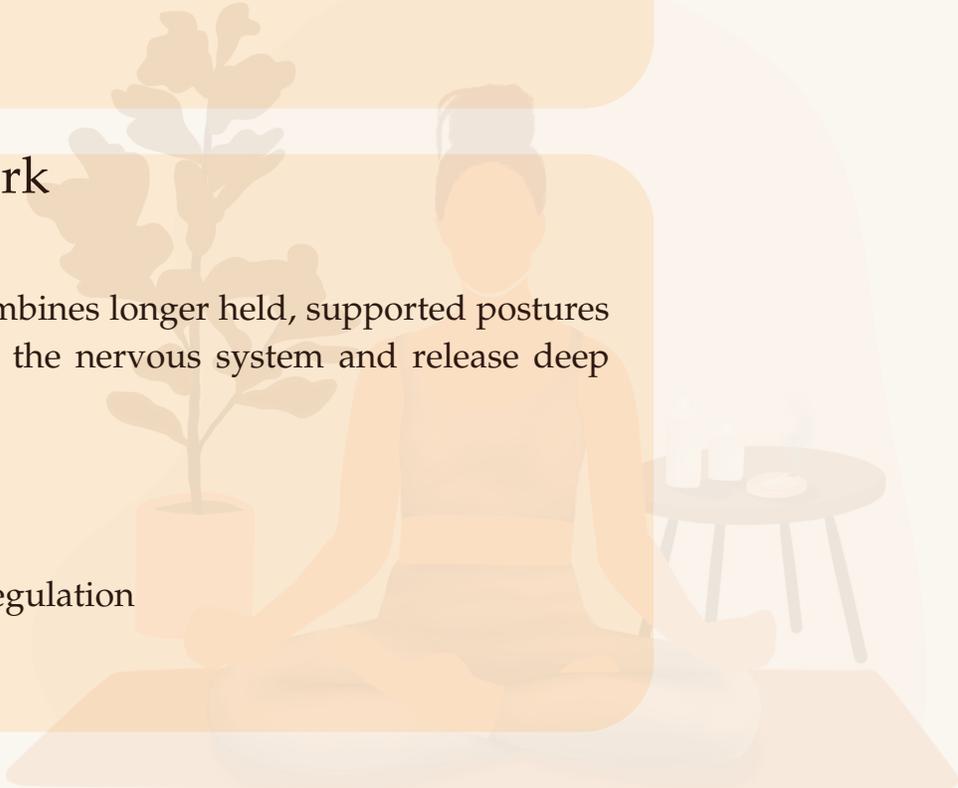
- Seated and standing stretches
- Neck, shoulder, hip, and back release
- Gentle breath awareness
- Guided grounding or relaxation

## Yin Yoga with Breathwork

A slow, grounding practice that combines longer held, supported postures with intentional breathing to calm the nervous system and release deep tension.

Includes

- Gentle yin style postures
- Breathwork for nervous system regulation
- Deep release and rest
- Guided relaxation



## Slow Flow Yoga & Yoga Nidra

A gentle, mindful movement practice focused on breath led transitions, mobility, and ease. A guided meditation for a yogic sleep

Includes

- Slow, intentional movement
- Breath and posture awareness
- Light strength and stability
- Yoga Nidra

## Nervous System Reset for the Workday

An educational and experiential session focused on understanding stress and learning practical tools to regulate the nervous system during the workday.

Includes

- Simple explanation of stress and the nervous system
- Breath and body based regulation practices
- Gentle movement or seated practices
- Guided rest

## Sound Bath

A deeply restorative sound experience designed to promote relaxation, mental clarity, and nervous system regulation.

Includes

- Guided settling
- Immersive sound journey using therapeutic instruments
- Gentle integration and closing

# Enhance the Experience

## Sound Bath and Reiki

A calming and supportive experience combining sound therapy with gentle energy work to support deep rest and emotional balance.

Includes

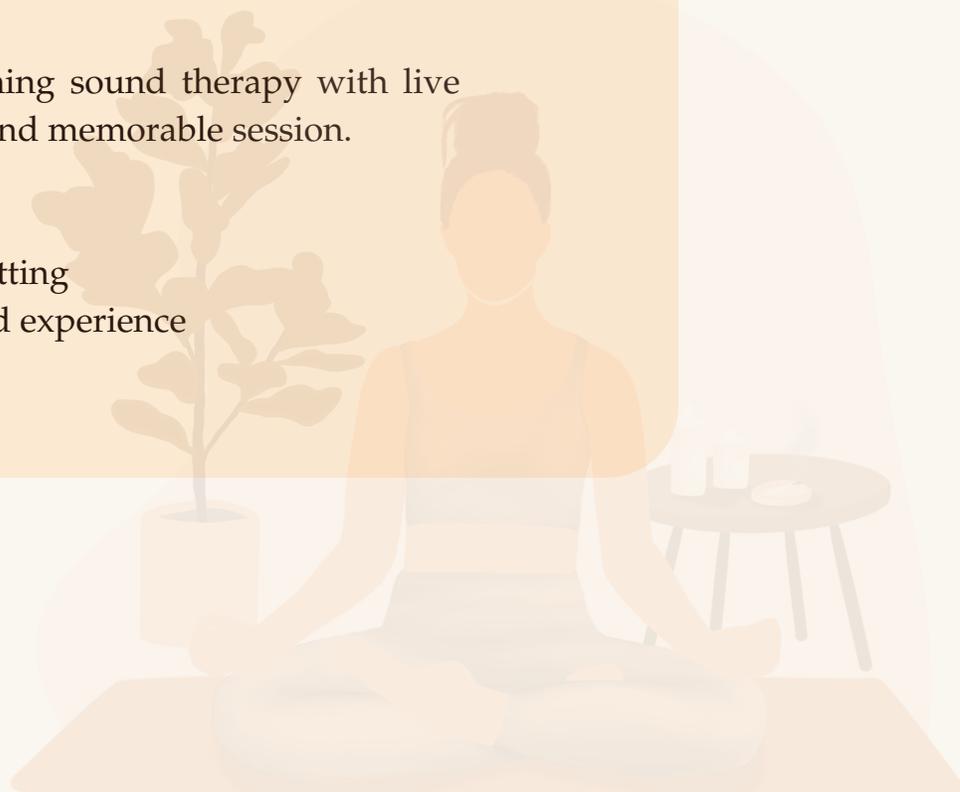
- Guided settling
- Sound immersion
- Reiki offered during the sound bath
- Soft closing and integration

## Sound Bath and Live Violin

An immersive experience combining sound therapy with live violin to create a deeply calming and memorable session.

Includes

- Guided settling and intention setting
- Live violin woven into the sound experience
- Extended relaxation
- Gentle closing



# Booking & Payment Information

To confirm and reserve your wellness session or program, Radiant Heart Yoga & Wellness provides an invoice outlining the agreed services, dates, and total investment.

**Payment Terms** Payment is due in advance to secure the scheduled session. Once payment is received, your date and time are fully confirmed.

For larger organizations or those with internal accounting requirements, Net 15 or Net 30 payment terms are available upon request.

**Accepted Payment Methods** We accept credit card payments as well as ACH transfer or company check. Payment details are included on the invoice for convenience.

**Packages and Series** For multi session programs or ongoing wellness series, payment is invoiced either in full prior to the first session or split into scheduled installments, depending on the scope of services and organizational needs.

**Cancellation and Rescheduling** Sessions may be rescheduled with a minimum of 48 hours notice. Cancellations within 48 hours are non refundable but may be applied as a credit toward a future session.

If you have specific billing requirements or need documentation for internal approval, we are happy to accommodate and support a smooth booking process.

