



Est ————— 2018

Journey into
BREATH

**WORKPLACE WELLNESS
PROGRAM**



Workplace Wellness Program

Cultivating a healthier and more connected company

Our goal is to create safe, compassionate and grounded spaces for you and your employees to work on stress management and a deeper connection to themselves and their work.

When we are happy internally, we automatically have the ability to be more creative, productive and higher functioning in all areas of our life.

Since this is what every business would like to enhance in their staff it is only obvious to invest in them and their emotional health.



Benefits for Your Team

Multi-faceted benefits that improve quality of life

Workplace Benefits:

- Show up to work feeling energized and excited!
- Regulate your nervous system
- Release pent up stress and decompress
- Connect to your true joy and inspiration

Emotional Benefits:

- Access and shift our subconscious beliefs
- Resolve emotional blocks
- Support the releasing of old trauma
- Gain greater clarity in our lives

Physical Benefits:

- Creates a calm nervous system, reducing cortisol
- Increased energy
- Improve sleep
- Lower heart rate, decrease blood pressure

Relationship Benefits:

- Develop healthy techniques for self-soothing
- Increase emotional regulation
- Release fears & reactive patterns
- Improve ability to consciously choose reactions in relationships