

BLNCED HOLISTIC LEADERSHIP

WE BRING THE WELLNESS RETREAT TO ANY EVENT
DO IT FOR YOUR GOREGOEUS SOUL

GROUP WELLNESS

YOGA GOAT AND PUPPY YOGA AVAILABLE IN MANY LOCATIONS

Our expert instructors guide participants through harmonious yoga practices, fostering a sense of unity, balance, and stress relief. Whether you are seeking to enhance focus, boost moral our Group Yoga sessions provide a serene space for your team to unwind, recharge, and cultivate a healthier work-life balance.

SOUND BOWL HEALINGS

Indulge in a transcendent journey of self-discovery and relaxation with our rejuvenating Sound Bowl Healing experience. Immerse yourself in the soothing tones of crystal singing bowls, each resonating with healing frequencies that wash over you, promoting deep relaxation and a profound sense of inner harmony.

PARTNER YOGA

Enjoy this playful, and dynamic partner yoga class. Explore the magnificent possibilities of opening the body and the heart with the support of another, experiencing the stability, strength, joy and grace that flow and grow with trust and compassion. Each pose will be taught with multiple options appropriate for varying levels of strength, flexibility, comfort and balance. Perfect for friends, co-workers, partners and family.

YOGA FOR THE WORKPLACE

Curious how you can bring yoga and stretching into your work day? We will go over different poses, stretches and breathwork that can be done at your desk, seated and standing. You will learn 10-15 minute stretching routines that you can do on your own or guide your coworkers through this throughout the day!

MINDFULNESS

CUSTOM GUIDED MEDITATIONS

These guided audio sessions unite teams in a commitment to a shared purpose, enhancing your company's mission and values. Through this guided experience, teams can pinpoint a common vision, foster collaboration, and fuel collective energy towards teamwork, focus, and the achievement of goals and objectives. Each Meditation is written custom for your mission and purpose.

HOLISTIC LEADERSHIP BREAKOUT

Discover the aspects of Holistic Leadership and lead with Authenticity In essence, holistic leadership seeks to create a positive and nurturing work environment that values the whole person, fostering a culture of growth, collaboration, and well-being.

BREATHWORK WORKSHOP

Embark on a transformative journey with our guided breath work session, tailored for both corporate and leisure retreats. Experience deep relaxation and heightened awareness as you delve into conscious breathing techniques led by seasoned practitioners. Whether seeking stress relief or team bonding, this session fosters mental clarity and emotional balance, leaving participants rejuvenated and empowered

GROUP HYPNOSIS TO RELEASE & RESET

Let us guide you and your team through Hypnosis and release blocks holding us back from being our best self and reaching personal and professional goals. This is an amazing experience as a group and will bond you for life!



BLNCED HOLISTIC LEADERSHIP

HOLISTIC AND LEADERSHIP BECOME ONE

HUMAN DESIGN - HOLISTIC VERSION OF MYERS BRIGGS

Human design is a holistic system that combines various psychological, astrology and scientific principles to provide individuals with insights into their unique traits, talents, and potential challenges. Human Design is a valuable tool for enhancing self-awareness, communication, and team dynamics. Exploring your teams human design type and the types of their colleagues, employees can optimize their strengths, adapt their communication styles, and foster better collaboration, leading to increased productivity and job satisfaction.

Own Your LEADERSHIP™ with segments from Brené Brown's Dare to Lead™ curriculum

Holistic leadership emphasizes a comprehensive approach that considers various aspects of leadership, including personal well-being, emotional intelligence, social responsibility, and organizational culture. Here are some breakout session topics for current leaders interested in holistic leadership:

1. Emotional Intelligence in Leadership
2. Authentic Leadership
3. Inclusive Leadership
4. Work-Life Integration
5. Collaborative Leadership

*Many breakout options as well as custom Leadership Breakouts

REIKI

This traditional Japanese healing technique works with the body's natural energy fields to aid in relaxation, stress reduction, and physical, emotional, and spiritual healing. 60 minutes

INDIVIDUAL HEALTH COACHING

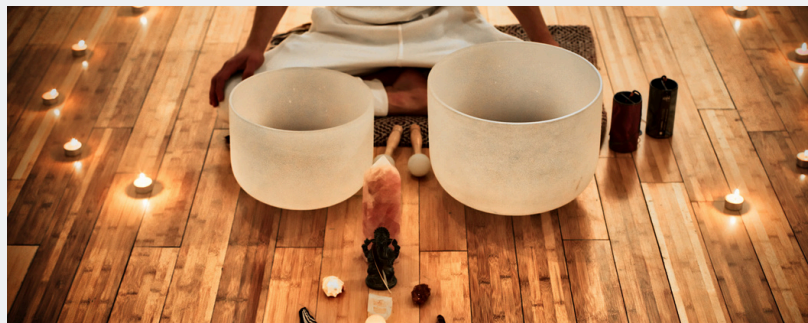
Work side by side with a Certified Health Coach discovering your personal goals and values. Together, we will look at short and long term goals as well as the bigger picture of health including, nutrition, physical activity, digestive issues, sleep, stress reduction, mental health and more. We will customize and action plan to help empower you to take an active role in changing your health.

JOURNALING / WRITING SESSION

This is an amazing, guided journey of self-discovery through journaling. Experience morning meditation, inspirational readings, expressive writing exercises, group sharing, and closing reflection in a supportive and nurturing environment. Stimulate creativity, reflection, and connection as you explore your inner world and cultivate personal insights.

Create your own Custom Retreat or choose from our BLNCED 3,4 & 5 hour packages.

All Retreats can be customized to fit the size of the team and location.



BLNCED HOLISTIC LEADERSHIP

WE BRING THE WELLNESS RETREAT TO YOUR EVENT

TEAM BUILDERS!

WHILE THE TEAM GATHERS TAKE THE TIME TO BOND!

- BUILD A BIKE AND DONATE
- AMAZING RACE
- SCAVENGER HUNT
- NATURE WALK
- PARTNET YOGA
- SILENT DISCO
- GIVE BACK/
COMMUNITY ACTIVITY.
CUSTOM FOR YOUR
ORGANIZATION.

ADDITIONAL BREAKOUTS

FUN INTERACTIVE 15-30 MINUTE ACTIVITIES

AROMATHERAPY

Indulge your senses in our Aromatherapy Breakout Session, a refreshing oasis within your meeting agenda. Immerse yourself in the enchanting world of essential oils as our skilled aromatherapists guide you through a sensory journey designed to enhance focus, relaxation, and overall well-being. Elevate your meeting experience by embracing the therapeutic power of scent, and leave feeling rejuvenated, inspired, and ready to tackle the tasks ahead with a heightened sense of clarity and calm.

TEAS AND TINCTURES

Using a variety of everyday herbs, we show you how to make teas and tinctures that you can incorporate into your everyday life. We can turn them into great cocktails later!



3 HOUR'S OF WELLNESS

BLNCED.team

With our custom mini retreats you can get all the wellness at once or sprinkle it throughout your event.

Big Breath In

Custom Guided Meditation and Yoga or Sounds Bath

Start with taking the time to reflect, go inward and relax. Clear the pathway to bring in new visions and goals. 1hr.

Big Breath Out

Live Artist drawn/painted Vision Boarding Session

Continue the visions from the guided mediation and turn the dreams, goals and visions into beautiful art that you will have to remind you of the direction. 1 hr.

Bring the Healing Vibes ON!

Silent Disco

Wrap up your team event with a fun interactive Dance party with three stations of fun, positive Music and move some energy.

3 HOURS OF WELLNESS

BLNCED.life

With our custom mini retreats you can get all the wellness at once or sprinkle it throughout your event.

Big Breath In

Custom Guided Meditation and Yoga or Sounds Bath

Start with taking the time to reflect, go inward and relax. Clear the pathway to bring in new visions and goals. 1hr.

Big Breath Out

Human Design Breakout

Understanding and aligning with one's unique design, individuals can make decisions and live in a way that is authentic and true to themselves. It's often used as a tool for self-discovery, personal growth, and gaining insights into one's purpose and potential challenges in life. 90 min

Teas and Tinctures

Wrap up with learning about some healthy teas and tinctures you can make with a variety of herbs to support your health and have fun making a cocktail with! 20 minutes 30 min

4 HOURS OF WELLNESS

BLNCED.soul

With our custom mini retreats you can get all the wellness at once or sprinkle it throughout your event.

Big Breath In

Custom Guided Meditation and Yoga or Sounds Bath

Start with taking the time to reflect, go inward and relax. Clear the pathway to bring in new visions and goals. 1hr.

Big Breath Out

Live Artist drawn/painted Vision Boarding Session

Continue the visions from the guided mediation and turn the dreams, goals and visions into beautiful art that you will have to remind you of the direction. 1 hr.

Team and Community

BUILD A BIKE

Take time to do some team building, have fun and give back to your community all at the same time. Teams race against the clock to build a bike that later is donated to your favorite charity.

5 HOURS OF WELLNESS

BLNCED.4all

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Big Breath In

Custom Guided Meditation and Yoga or Sounds Bath

Start with taking the time to reflect, go inward and relax. Clear the pathway to bring in new visions and goals. 1hr.

Human Design Interactive session

Learn your human design and how to get the most out of all aspects of life by understanding your true essence and that of those around you at work or in life. We play a fun game of interactive life while learning with your team! 2hrs

Big Breath Out

Live Artist drawn/painted Vision Boarding Session

Continue the visions from the guided mediation and turn the dreams, goals and visions into beautiful art that you will have to take back to your office to spread the vision!. 1 hr.

Bring the Healing Vibes ON!

Silent Disco

Wrap up your team event with a fun interactive Dance party with three stations of fun, positive Music and move some energy. 1hr to as long as you dance!