

# Private Wellness Services & Team Building



## Personal Training

Team up with an experienced Personal Trainer who will design a safe and effective exercise program to meet your specific health and fitness goals.

## Yoga Therapy

A Yoga Therapist develops an individualized practice to address specific physical or emotional symptoms ranging from back problems to emotional distress. Yoga Therapy also helps to manage symptoms from an illness and provide relief for a specific health condition.

## Reiki

This healing form of energy work promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use hand positions to deliver energy to the body and improve the flow and balance of your energy to support healing and to help relieve physical and emotional pain.

## Sound Bath

Sound baths relax and promote the natural ability of the body, mind, and spirit to heal from within. Sound baths incorporate Himalayan metal bowls, quartz crystal bowls, shruti box, voice, chimes, and other instruments to soothe and relax at deep levels. Participants are welcome to bring an intention to this passive sound meditation or simply receive and partake in setting intentions for the highest possible good for all.

## Meditation

This mind-body practice incorporates breathing techniques and mindfulness exercises that serve to calm the mind and reduce anxiety. The goal is to feel more grounded and present to better deal with stress and enhance overall wellbeing. First-time participants welcome.

## Qigong & Tai Chi

Qigong and Tai Chi are two closely-related practices that feature gentle movement, breath practice, self-applied massage, meditation and visualization. Boost the immune system, retrain posture, encourage circulation and maintain flexibility through the joints. When practiced correctly on a regular basis, these two closely related practices can reduce stress and improve quality of life transcending age and physical condition.

## Breathwalk

This mind-body technique combines specific patterns of breathing synchronized with walking steps and enhanced with the art of directed, meditative attention. Breathwalk exercises are aimed at producing specific effects to revitalize body, mind, and spirit.

## Pilates

Pilates is designed to strengthen the core musculature, which supports the spine, tones the muscle, and increases body awareness through low-impact exercises that include mat work as well as a standing series.



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FITNESS STUDIO

### Barre

This class takes its cues from Pilates and Ballet then adds some upper body strengthening to provide a solid gold workout that is low impact and enhances strength, flexibility, and balance. Exercises occur mostly standing but may incorporate some mat work.

### Zumba

An energizing workout class that combines Latin rhythms such as Merengue, Cumbia, Reggaeton and Salsa with international music and dance moves. Zumba routines alternate fast and slow rhythms, featuring different elements of fitness including cardio, strength and balance while having a blast and feeling amazing!

### Mind Body Practice

Learn mind-body techniques specific to your needs and preferences to use as part of your regular health practice that combine mental focus, controlled breathing, and body movements to help relax the body and mind. This practice may be used to help control pain, stress, anxiety, and depression, and for overall health.

### Corporate Wellness Team Building

Spark a movement of wellbeing within your organization. This interactive group session encourages participants to learn from one another and from themselves to build empathy and emotional engagement. The goal is for employees to feel more empowered to invest in their health and wellbeing, appreciate the strengths of their team members and create a vision to support a winning team.

The design of each session features icebreaker activities, short mind-body practices with a concise handout for each participant and gentle mindful movement and breathwork practice that can be performed in work attire to help alleviate stress and increase focus. The event can be included as part of a corporate retreat, or it can be a regularly scheduled activity for a team. Through getting to know our coworkers better and starting conversations about wellness, we can begin to build trust and wellbeing support within our teams to improve relationships, employee engagement and cultivate extraordinary teamwork.

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