



OHM Center 2026 Corporate Wellness Offerings

Bring calm, clarity, and resilience to your team through immersive wellness experiences designed to reduce stress, improve mental focus, and foster collective well-being. Each offering can be customized to meet your group's unique needs, whether in-person or virtual.

1. SOUND BATH EXPERIENCE

Ideal For: Stress reduction, mental reset, emotional grounding

Length: 45–60 minutes, OR 2 sets of 30 mins with 10 min. break to accommodate more people

Format: In-person

Price at your office: Ranges from \$850–\$3000 depending on size, location, day, time

Participants are invited to lie back and relax while immersed in the healing vibrations of singing bowls, gongs, and chimes. These instruments, forged specifically for therapeutic purposes, promote deep physical and mental relaxation.

As the mind focuses on the sound, the body naturally releases tension—making this ideal for reducing stress, alleviating headaches and physical discomfort, and encouraging emotional balance. This session is a favorite for companies seeking to support team members' holistic well-being.

2. BREATHWORK

Ideal For: Energy reset, emotional resilience, enhanced focus

Length: 45–60 minutes

Format: In-person or virtual

Price at your office: Starts at \$650, price depends on size of group

This dynamic session teaches participants how conscious breathing can shift their emotional state, boost clarity, and regulate the nervous system. A progressive sequence of breathwork exercises guides the group into a more centered, expansive state, followed by a restorative sound healing session. For in-person classes, we can end it with a sublime sound bath to let the participant really go deep.

3. GUIDED RELAXATION (YOGA NIDRA - this is NOT a posture practice)

Ideal For: Deep relaxation, anxiety relief, nervous system reset

Length: 45–60 minutes

Format: In-person or virtual

Price at your office: Starts at \$500, price depends on size of group

Also called Yoga Nidra, guided relaxation is a profound way to relax the nervous system. The instructor takes you through bringing awareness to different body parts. As you take a trip around the body in this way, the mind begins to relax deeply. There is some guided breathing in yoga nidra, too, but the focus is on allowing your awareness to follow the breath. This brings a person into a deeper state of consciousness and the racing thoughts simply let go. For in-person classes, we can end it with a mini-sound bath to let the participant fully let go. This can be done lying down or sitting.



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(Continued)

4. REIKI (ENERGY HEALING)

Ideal For: Emotional reset, energetic clearing, deep rest

Length: 45-60 minutes

Format: In-person only

Price at your office: Starts at \$600, price depends on size of group

In this restorative group session, Reiki Master João channels universal life-force energy while participants rest comfortably in silence. Reiki promotes balance on physical, emotional, and spiritual levels—clearing energetic blockages, easing tension, and nurturing deep calm. This session is entirely passive and accessible to all; no experience is needed.

5. MEDITATION

Ideal For: Focus, stress reduction, workplace mindfulness

Length: 30-60 minutes

Format: In-person or virtual

Price at your office: Starts at \$350, price depends on size of group

We tailor each meditation session to the experience level of the group, making it accessible to both beginners and experienced practitioners. Sessions may include guided mindfulness, breath awareness, or mantra-based meditation. The goal is to help participants return to stillness, build resilience, and cultivate mental clarity.

6. MANTRA & SOUND HEALING

Ideal For: Team cohesion, emotional clearing, spiritual uplift

Length: 30-60 minutes

Format: In-person or virtual

Price at your office: Starts at \$350, price depends on size of group

Participants are introduced to a simple, high-vibration mantra in Sanskrit, Tibetan, Gurmukhi, Hebrew or Arabic, whatever the client prefers. Chanting activates the voice, calms the mind, and balances the nervous system. Combined with sound healing, this experience clears stagnant energy, fosters a deep sense of harmony, and opens the heart. This is a seated class and the sound part includes 3 bowls for the sound meditation.

**All prices vary depending on a variety of factors. We do our best to
work with you based on your budget.**