



Powered by RITUAL YOGAHOUSE 

Show your team you genuinely care about their personal Wellness and Mental Health by incorporating Healthy Rituals into your next Conference or Team Building Event. Ritual YogaHouse will work with you to customize a Wellness Solution that aligns with your team goals and pair you with an expertly trained teacher to co-host your event.

CONFERENCE WELLNESS BREAKS

Many hours of preparation and careful thought goes into planning and executing your Conference, make sure your attendees remain engaged throughout by including a Wellness Break powered by Ritual YogaHouse.

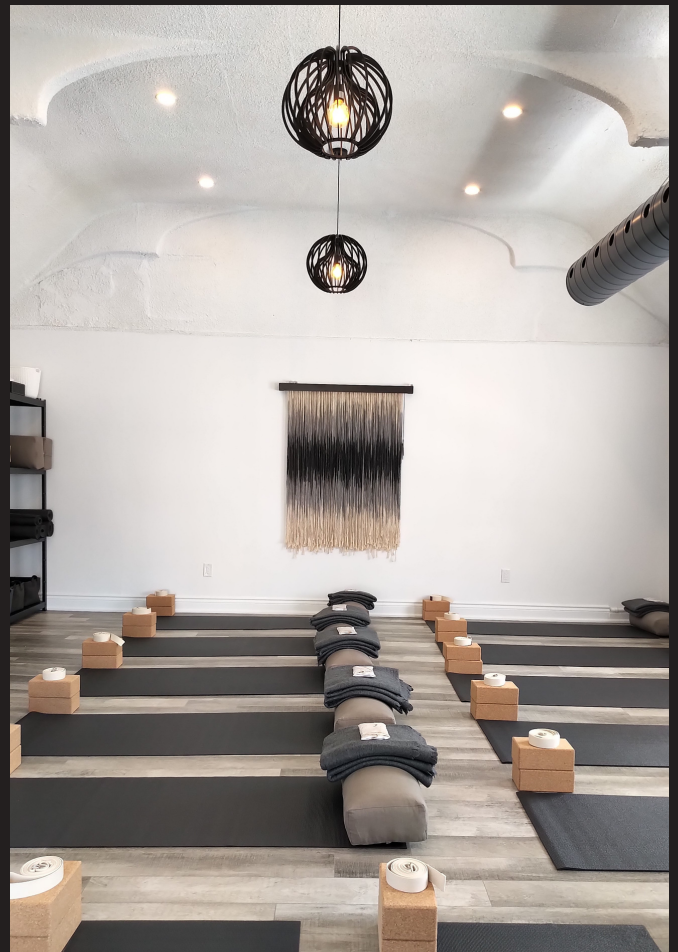
Our Wellness Breaks are bite sized Yoga, Meditation and FITCamp classes that will get your attendees bodies moving, blood pumping and their brain re-engaged when they are nearing the “information overload” point of their day.

PRIVATE TEAM PRACTICE

Host a 45 minute Yoga, Meditation or FITCamp Class during your next Team Building Event in Ritual's Studio or on location at your Office, Conference or Team Retreat.

SINGLE CLASS PASS

Gift your Conference Delegates or Office Team Single Class Passes to join Ritual's Regularly Scheduled classes in Studio, or Virtually on Zoom, on a day that aligns with their current projects.



www.RitualYogahouse.com/Workplace

WE BELIEVE HEALTHY RITUALS CAN START IN THE OFFICE TOO



RISE45 TEAM CHALLENGE

Challenge your office to RISE 20 consecutive mornings and they will soon discover that their most productive and balanced days will start with this 45 minute morning Ritual. Pledging to start their day at home with a sunrise practice on Zoom, our RISE Participants move slowly into those tight and restricted areas of the body, opening up through the use of breathwork, gentle yoga and mindful meditation. Giving ourselves the gift of movement and a positive mindset first thing in the morning not because we want to become the best version of ourselves, but because we recognize this person already exists. And they DESERVE this!

Raise money for your Corporate Charitable Initiative through a sponsorship program or divide the office into teams for a competitive Team Building experience.

Energize Your Next Event: Rates

CONFERENCE WELLNESS BREAKS

Rates for a 15 minute break start at 150.00

PRIVATE TEAM PRACTICE

Rates for a 45 minute class start at 300.00

SINGLE CLASS PASS

Single Studio Pass; 25.00

Single Virtual Pass; 15.00

RISE45 TEAM CHALLENGE

Registration includes access to a 45 minute sunrise practice Monday to Friday, at 6:15am on Zoom and a 30 minute meditation Wednesday nights, at 9pm also on Zoom for 4 weeks; 48.00 per person. Additional information on our RISE45 program can be found at www.RitualYogahouse.com/Rise45

Customized RISE45 Challenge T-Shirts with Company Logo, 30.00 per person



Have something else in mind? We are happy to work with you in order to create a Customized Wellness Program that suits your Company's specific goals.

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www.RitualYogahouse.com/Workplace