

# WELL WITHIN REACH

## CORPORATE PACKAGES



1	<b>Yoga Nidra</b> Deep guided meditation for stress relief and mental clarity. (\$60 per person/1 hour)	<input type="checkbox"/>
2	<b>Iyengar Yoga</b> Alignment-based practice using props to ensure stability and balance. (\$60 per person/1 hour)	<input type="checkbox"/>
3	<b>Hatha Yoga</b> Foundational poses to build strength, flexibility and calm. (\$60 per person/1 hour)	<input type="checkbox"/>
4	<b>Kundalini Yoga</b> Kriyas consisting of mantras, mudras and asanas to awaken energy and creativity. (\$60 per person/1 hour)	<input type="checkbox"/>
5	<b>Vinyasa Yoga</b> Dynamic sequences to energise and strengthen the body. (\$60 per person/1 hour)	<input type="checkbox"/>
6	<b>Flow Yoga</b> Fluid, breath-coordinated movements to promote flexibility and flow state. (\$60 per person/1 hour)	<input type="checkbox"/>
7	<b>Restorative Yoga</b> A gentle, deeply relaxing practice that uses props to support the body, encouraging profound rest and the release of physical and mental tension. (\$60 per person/1 hour)	<input type="checkbox"/>
8	<b>Group Reiki &amp; Sound Bath</b> A soothing Reiki energy healing session, enhanced by the harmonious sounds of tuning forks and Nepalese crystal bowls for deep relaxation and energetic balance. (\$100 per person/1 hour)	<input type="checkbox"/>
9	<b>Electronic Vision Board Creation</b> Create a powerful vision board using Canva, a digital collage of images reflecting your goals and dreams. This tool helps train your brain to recognise opportunities that match your intentions, strengthening the link between your vision and reality. BYO Ipad or Laptop (\$5 per person/1 hour)	<input type="checkbox"/>
10	<b>Cold Plunge Pool</b> Cold water immersion activates the body’s sympathetic nervous system, promoting alertness and increased blood flow. It stimulates the release of norepinephrine and dopamine, neurotransmitters associated with improved mood and mental clarity. (\$10 per person/20 mins)	<input type="checkbox"/>
11	<b>9D Breathwork- Down Regulation: Parasympathetic Journey with Tuning Fork Healing</b> Rapid stress release, nervous system regulation, emotional balance and clarity, increased motivation, focus, and self-confidence, improved physical and mental well-being. (\$100 per person/1 hour)	<input type="checkbox"/>
12	<b>9D Breathwork - Activation Journey: Sympathetic Nervous System with Tuning Fork Healing</b> Ignite your energy and release trapped emotions or trauma through dynamic mouth breathing techniques. These active journeys heighten your alertness, liberates stored tension, and transforms your mental and physical state for more motivation, clarity, and personal growth. (\$100 per person/1 hour)	<input type="checkbox"/>
13	<b>Use of Property for Lunch Gathering</b> Relax and connect with colleagues in a beautiful setting, making use of the property’s welcoming environment. Catering is not included in this service; however, you are welcome to organise self-catering or arrange external services to have food delivered, creating a tailored and seamless experience for your group (\$10 per person/1 hour)	<input type="checkbox"/>
14	<b>Ceremonial Firepit Circle</b> Complete your experience with a powerful ceremonial circle around the firepit. This shared gathering allows participants to reflect, release old emotional patterns and set new intentions. (\$20 per person/1 hour)	<input type="checkbox"/>
15	<b>Nepal Corporate Wellness Retreat (21st September – 8th October 2025)</b>  Embark on a transformative journey to the heart of the Himalayas, where daily yoga, meditation, trekking and cultural immersion create a unique and unforgettable corporate wellness experience.  <b>Option 1</b> (13 days: 21st September – 3rd October 2025): \$7,124 AUD (early bird special \$6,124 until end of June 2025). <b>Option 2</b> (18 days: 21st September – 8th October 2025): \$9,738 AUD (early bird special \$8,738 until end of June 2025).	<input type="checkbox"/>