

OFFERINGS

Group Meditation

-
In-person, virtual, or hybrid options

Group Yoga

-
In-person, virtual, or hybrid options

Group Breath Work

-
In-person, virtual, or hybrid options

Corporate Retreat Planning (available with mindfulness components)

-
I will work with your company to tailor
to the specific needs of your employees

For every \$1 your company
invests in your employee
wellness programs, it will
yield \$6 in health care savings
for your organization.

- A Harvard research study
concluded



Who is Sherie Caldwell?

I entered the world of health and wellness over 20 years ago. I am a RYT500 yoga instructor, a meditation teacher, breath work instructor, and Ayurveda wellness counselor. Allow me the privilege to bring my years of experience and training to help your employees be the best they can be so your organization can thrive and be it's most productive.