

Corporate Wellness, Reimagined.

**Intentional well-being. Healthier teams.
Sustainable habits.**

An introduction to Hawah Life corporate wellness education, executive experiences, and restorative retreat opportunities.

PROGRAMS

PARTNERSHIPS

RETREATS

Prepared for organizations exploring employee well-being initiatives in 2027.

The Restore Method

A structured 12-week corporate wellness education experience designed to support practical, sustainable lifestyle habits.

Five foundational areas

Energy & recovery | Everyday strategies for sleep, rest, and energy management.

Nourishment | Accessible nutrition education and realistic habit formation.

Emotional resilience | Stress-awareness practices, mindfulness, and self-regulation skills.

Movement | Approachable movement and mobility practices for varied abilities.

Healthy aging | Preventive lifestyle education and long-term well-being habits.

Proposed program delivery

Twelve weekly facilitated sessions, participant reflection prompts, practical educational resources, and an introductory and closing program check-in. Delivery format, session length, participant capacity, and any onsite requirements are finalized in the organization's proposal.

Educational wellness services; not a substitute for medical evaluation, diagnosis, or treatment.

Explore Your Investment

Illustrative starting investments for planning conversations. Final scope and fees are confirmed in a written proposal.

Executive wellness workshop	\$1,500
Four-week wellness experience	\$3,500
The Restore Method 12 weeks	\$21,000 (\$7,000/month x 3)
Corporate / executive retreats	Custom quote

What determines the final proposal?

Team size, delivery location, session frequency and duration, customization, travel, materials, and additional facilitators or support staff. The 12-week starting investment assumes a defined scope; it does not imply unlimited employee access or unlimited sessions.

Retreats are quoted separately

Venue, lodging, meals, travel, group size, insurance, outside vendors, and facilitation are evaluated before any retreat investment is confirmed. Retreat locations and partnerships remain in development.

Restorative Retreat Experiences

Hawah Life is exploring immersive corporate and executive retreats that blend integrative wellness education, mindful movement, restorative activities, and opportunities for team connection.

Potential formats

Leadership restoration experiences, team well-being retreats, and optional extensions to the 12-week Restore Method. Domestic and international options may be considered as partnerships are finalized.

04 / NEXT STEPS

Let's Build a Healthier Workplace Together.

We welcome conversations with business owners, HR leaders, and organizations planning their 2027 wellness initiatives.

1. Share your team size and wellness priorities.
2. Schedule an introductory conversation.
3. Receive a tailored scope and investment proposal.

CONTACT

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Hawah Life | Corporate Wellness & Partnerships

Planning guide only. Services, pricing, availability, and retreat partnerships are subject to confirmation and written agreement. No specific health or organizational outcome is guaranteed.