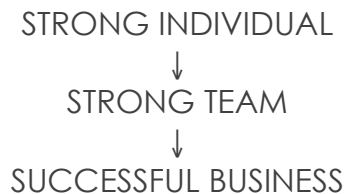




Corporate Wellness with Balans

A healthy office is a successful one.

Why office health? Research has confirmed the link between health and ones ability to concentrate and manage stress. As a result, health directly impacts ones work performance.



Balans wellness team supports your business to achieve health and success!

Balans wellness team provides the highest quality services through educational and interactive workshops. We either host at one of our Back Bay locations, or we come to your office!

Balans is well recognized in the Boston area for delivering executive and individualized health and wellness programs.

Our goal is to empower your team to choose a lifestyle that supports their health.

Corporate Wellness Menu

Option I. The Breakthrough, 60 Min, \$750

Option II. The Transformation, 120 Min, \$1400

Example of a Balans presentation:

- Introduction to integrated health
 - Lifestyle and self-care
- Nutrition
 - Fuel your body with nutrient dense foods
- Posture
 - Avoid chronic pain at your desk
- Stress Management
 - Breathing & Stretching
- Group discussion
 - Answers & Questions

Option II, The Transformation, allows for a more detailed and in depth discussion. Also, more topics may be covered. Also, in The Transformation package each attendee receives a 30-minute complimentary floatation therapy session at Balans Organic Spa.

We will schedule a phone call prior to our visit to determine the most essential health and wellness topics to discuss for your business (see list of topics below)

Optional:

Healthy meals and snacks may be included at additional cost. Please put in an order request two weeks prior to the event.

Topics to choose from (feel free to request other topics that you may have in mind for your team):

- ✓ From Stress to Calm: tools & techniques for stress and time management
- ✓ Sleep: tips to optimize sleep and rest
- ✓ Exercise, Stretching + Strength: anytime, anywhere
- ✓ Weight Management: how to feel confident, healthy and in control
- ✓ Eat for Energy: delicious foods for an energized life
- ✓ Posture: avoid chronic pain at your desk
- ✓ Sugar + Junk: how to eat without deprivation
- ✓ Eating On-the-Go
 - Restaurant menu screening + quick, healthy eating for work, home and travel
- ✓ Meditation and Breathing Techniques: your mind is powerful
 - Prepare for meetings, presentations and deadlines with ease

Balans Services

Wellness Studio

postural therapy | massage | movement & strength | pilates | yoga
nutrition & health | mindfulness & meditation

Organic Spa

facial | body treatment | massage | floatation therapy | makeup
nutrition & health

www.bostonbalans.com

Balans Wellness Studio | 376 Boylston Street | Boston | (617) 450 8333

Balans Organic Spa | 216 Newbury Street | Boston | (617) 424 1500

