

# **LIST OF SERVICES**

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## SPEAKERS

<b>1.</b>	<b>Kristine Iverson</b>	We have a wide network of health and wellness speakers available for keynote, workshops or break out sessions. Some of our Speakers are authors or have national recognition. We can customize this experience for your group.
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## AROMATHERAPY FLOW STATIONS

<b>2.</b>	<b>Hand Sanitizers</b>	Craft Table, Wellness Expert helps participants create a personalized scented Hand Sanitizers
<b>3.</b>	<b>Massage Oil or Body Oil</b>	Craft Table, Wellness Expert helps participants create a personalized scented massage or body oil
<b>4.</b>	<b>Rollerballs</b>	Craft Table, Wellness Expert helps participants create a personalized Essential Oil Rollerball
<b>5.</b>	<b>Salt or Sugar Scrub</b>	Wellness Expert helps participants create a personalized Salt or Sugar Scrub. These scrubs are a wonderful way to to keep skin soft
<b>6.</b>	<b>Scented Sprays</b>	Craft Table, Wellness Expert helps participants create a personalized scented spray

## FITNESS CLASSES

7.	<b>Barre</b>	Barre is a form of physical exercise, usually conducted in group classes. Barre classes focus on the lower body and core, developing strength and flexibility from the ankles up through the calves, knees, thighs, glutes and abdominals.
8.	<b>Bootcamp</b>	Group physical training program conducted by our certified WEX's (Wellness Experts), designed to build strength and fitness through a variety of intense group intervals over a 1-hour period of time.
9.	<b>Dance</b>	Energizing music with dance steps taught in a progressive format, creating a fun and exciting class for all levels. Expert WEX's create unique routines, while utilizing aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.
10.	<b>Drumming</b>	Drum fitness is a choreographed format where participants use drumsticks during the workout to target various areas of their body. This explanation may seem pretty wide open, but that's because the format is! Drum fitness is typically a cardio-based class, but the class can also focus on toning and strength. The instructor chooses the intensity and decides how to format the flow of the class.

11.		Chances are, you type and text a lot! And you may not know how to protect your wrists from
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	<b>Ergonomics</b>	severe damage. Learn some common causes of wrist, hand and forearm pain in computer users. Learn proper posture, ergonomics and easy-to-do stretches.
<b>12.</b>	<b>Interval Training</b>	Training done in intervals, involving a series of low- to high-intensity workouts interspersed with rest or relief periods. The high-intensity periods are typically at or close to anaerobic exercise, while the recovery periods involve activity of lower intensity.
<b>13.</b>	<b>Kickboxing</b>	Cardio kickboxing is a group fitness class that combines martial arts techniques with fast-paced cardio. This high-energy workout challenges beginners and elite athletes alike. Build stamina, improve coordination and flexibility & burn calories as you build lean muscle with this fun and challenging workout.
<b>14.</b>	<b>Meditation Room</b>	<p>Most of us are unaware just how much our subconscious drives our perspective and our ability to manage our daily stressors. This service station will teach participants to be more in control of their underlying driving force by learning to manage &amp; adjust their primary thought patterns.</p> <p>By practicing techniques that are accessible to anyone, participants will learn how to manage their ability to make wise and sound decisions by taking control of their ability to think clearly and constructively.</p>

<b>15.</b>	<b>Pilates</b>	Pilates is a method of exercise that consists of alignment-focused, low-impact flexibility and muscular strength & endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance. Pilates is
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		named for its creator, Joseph Pilates, who developed the exercise in the 1920s.
16.	<b>Pound</b>	<p>Workout and rock out with a pound class. Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.</p> <p>Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities.</p>
17.	<b>QiGong</b>	An ancient Chinese exercise and healing technique that involves meditation, controlled breathing and movement exercises. ... Qi is a concept from traditional Chinese culture that roughly means vital energy, information, breath or spirit.

18.	<b>Tai Chi</b>	Involves a series of movements performed in a slow, focused manner and accompanied by deep breathing. It is a noncompetitive, self-paced system of gentle physical exercise and stretching. Each posture flows into the next without pause, ensuring that your body is in constant motion.
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19.	Yoga	Enjoy the physical benefits associated with yogasana (yoga poses), without bending yourself into a pretzel... unless you want too! All participants can enjoy the benefits of stretching, regardless of an individual's flexibility. Designed to guide participants into beneficial stretches for their unique body type and daily life, this session provides yoga asanas (poses) that can be done anywhere, any time
20.	Yoga and HIIT Fusion	<p>Yoga + HIIT- Enjoy the physical benefits associated with yogasana presented through high-intensity interval training sequences. In this class participants are challenged to push to their limits and walk out feeling strong.</p> <p>Designed to build cardiovascular fitness while improving muscular strength and endurance in daily life. This session provides a fun twist on poses that can be done anywhere, any time</p>
21.	Zumba	Fusion International music/dance themes that create a dynamic, exciting, and based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

**FUSIONS: COMBINING TWO SERVICES**

These sessions incorporate the fusion focus of combining two services. One can be a workshop chosen from the list below, to be integrated into the yoga practice. Participants will walk away relaxed, rejuvenated, and refreshed.

Participants will take part in a 30-45 minute workshop, and then will be guided through

a unique practice of movement, visual stimulation and sensory experience.

<b>22.</b>	<b>Yoga &amp; Acoustic Music</b>	CROW Practice will provide a live musical performance complimenting the ambience of yoga with a “coffee house”, “acapella” “inspirational” and/or “instrumental” feel . The style and type of music will reflect the style and type of the yoga session, whether uplifting, relaxing. With sufficient notice, yoga style can be determined prior to the event based on client request.
<b>23.</b>	<b>Yoga &amp; Animals</b>	We can hold a yoga session with any of these options: goat, puppies, kittens, or rabbits. It is GREAT animal therapy for the soul!
<b>24.</b>	<b>Yoga &amp; Aromatherapy</b>	<p>Participants will experience a workshop using essential oils for healing and wellness. Scents affect brain chemistry, while physical application affects body chemistry. Aromatherapy is concerned with how the scent of different compounds affect our mental state.</p> <p>Learn some basic safety guidelines for effective use of scent, and enjoy firsthand the power of different scents, and how they can affect your mood, energy, and mental clarity. After the mini workshop our Yoga WEX Wellness Expert will guide the group through a gentle practice of yoga. Incorporating oils that were previously discussed.</p> <p>(Option to add flowers as well. The benefits of certain flowers can be explained in addition).</p>
<b>25.</b>	<b>Yoga &amp; Art (canvas painting)</b>	<p>Adhering to an artistic ambience and often featuring local artists, your participants will enjoy a guided canvas painting session. Art sessions allow participants to take home their uniquely created “A Piece of Peace” art as memorabilia.</p> <p>Size of art created can be customized.</p>

26.	<p align="center"><b>Yoga &amp; Beer and/or Wine</b></p>	<p>Beer and/or wine yoga is just what it sounds like – the same sweat-inducing practice of heavy breathing and postures combined with refreshingly cold beer or wine.</p> <p>While it may sound counterproductive if burning calories is your goal, the all-things-in-moderation mindset of yoga combined with beer and/or wine joins community connections and embraces wellness practices. Popular everywhere from breweries and wineries to yoga studios.</p>
27.	<p align="center"><b>Yoga &amp; Crystal Bowls</b></p>	<p>Vibrational sound healing can be traced back from present day trends to many ancient civilizations including India, Africa, Europe, and the Orient.</p> <p>In addition, each culture had unique approaches specific to their region and beliefs. Bells, chimes, bowls, gongs, drums and vocal toning, chants or repetitive sound vibrations are only a few of the many vibrational sound tools and sounds that can be used for healing.</p> <p>Participants are immersed in relaxation with Crystal &amp; Tibetan singing bowls played throughout the practice by CROW’s expert Sound Healer. Participants will experience the healing vibrations while being guided through a gentle all levels yoga class.</p>

28.	<p align="center"><b>Yoga &amp; Flower Essences</b></p>	<p>The flower essence and yoga session provides attendees with a unique experience of movement, visual stimulation and scent.</p> <p>Flowers stimulate the mind and the senses, thus improving both mental cognition and performance. Flowers and plants are also linked to lower stress levels. People who have flowers in their home report feeling happier and more relaxed. Additionally, the chemistry of flowers gives people a more optimistic outlook on life.</p>
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<b>29.</b>	<b>Yoga &amp; Mindful Bites</b>	<p>Have a nutritionist, herbalist or a holistic chef complement your participants' yoga session with basic education on healthy habits and healthy moderation.</p> <p>*Smoothie sampling available for an additional fee.</p>
<b>30.</b>	<b>Yoga &amp; Silent Party</b>	<p>All levels yoga class and silent party with headsets. The style and type of music will reflect the style and type of the yoga session, whether uplifting or relaxing.</p>

## SERVICE STATIONS

Many of these services can operate on a flow, running all day, or worksop style, with a start and stop time

31.	<b>Acupressure</b>	<p>Utilize the principles of acupuncture and Chinese medicine without the needles. Our Acupressurist will highlight pressure points on the body that are stimulated with finger pressure instead of with the insertion of needles.</p> <p>Learn several pressure points and how they affect your health, cognition, and energy. Walk away with knowledge of some easily accessible acupressure points on the body that can be done anytime of the day to ease common ailments.</p> <p>Add Ear Seeds in a mini gift bag with instructions.</p>
32.	<b>Aromatherapy</b>	<p>Using aromatic plant compounds for healing and wellness. Scents affect brain chemistry, while physical application affects body chemistry.</p> <p>Aromatherapy is concerned with how the scent of different compounds affect our mental state. Learn some basic safety guidelines for effective use of scent, and enjoy first-hand the power of different scents, and how they affect the brain</p>

33.	<p style="text-align: center;"><b>Aromatherapy Sensory Deprivation Fusion</b></p>	<p>Sight, Sound and Scent – The Sensory Experience”</p> <p>Experience the world differently with sight, sound and scent. Sensory deprivation meets sensory expansion through the use of eye masks, aromatherapy and brain waves.</p> <p>An aromatherapist is paired with noise canceling headphones playing brainwave meditation music. Participants block background noise to focus on aromatherapy scents related to brain waves by utilizing binaural beats.</p> <p>Our Wellness Expert Aromatherapist will guide the participants' experience based on scent that affects Delta, Theta and Gamma brain waves. Participants focus on enjoying the scent of pure essential oils uniquely paired to each brain wave.</p> <p>An eye mask is required for this service.</p>
34.	<p style="text-align: center;"><b>Aromatherapy with Essential Oils</b></p>	<p>Using essential oils for healing and wellness. Scents affect brain chemistry, while physical application affects body chemistry. Aromatherapy is concerned with how the scent of different compounds affect our mental state.</p> <p>Learn some basic safety guidelines for effective use of scent, and enjoy first-hand the power of different scents, and how they can affect your mood, energy, and mental clarity.</p>

35.		<p>Led by our expert holistic-thinking trainers, Be</p>
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	<p style="text-align: center;"><b>Be Well Games</b></p>	<p>Well Games are short group games that challenge participants to use props (such as feathers, beach balls or raisins), their bodies and mental acuity to win games! Quizzes, sharing information, reframing perceptions, physical &amp; mental stretching, and more foster mental &amp; physical strength.</p> <p>All happening in an open, fun and engaging environment appropriate for any adult. Physical limitations are not an issue with Be Well Games. The switch between games (10 or more per hour-long session) is fast and part of the fun.</p> <p>Takeaways for participants include techniques for relaxation &amp; mindful focus, tips to reframe everyday challenges and ways to build and strengthen personal resilience.</p> <p>Option: Resource Cards</p>
<p><b>36</b></p>	<p style="text-align: center;"><b>Chair Stretching Balancing Talk</b></p>	<p>Demo with guided practice. Easy everyday stretches to ease back, hip, shoulder, and neck pain that can be done from your chair.</p>
<p><b>37.</b></p>	<p style="text-align: center;"><b>Essential Oils 101</b></p>	<p>Discussion with samples of essential oils and the different ways to use them, from home to personal care. Session can be catered to specifics, such as: natural cleaning for house and home, spa and pamper products, natures medicine cabinet for everyday first aid, etc.. Lead by Crow Expert in essential oils.</p>

<p><b>38.</b></p>		<p>Plants stimulate the mind and the senses, thus improving both mental cognition and performance. Each plant has its unique set of constituents which can be harvested for wellness</p>
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	<b>Herbalism Basics</b>	through different types of preparations. Each plant part also holds several constituents that are harvested for their different nutritional aspects. Our herbalist will guide participants in understanding some of the common and effective ways to prepare herbs for everyday wellbeing.
<b>39.</b>	<b>Herbal Craft</b>	An herbalist interactive instructional with take away craft. Our professional herbalist will offer an overview of several natural herbal home remedies available for use with common everyday herbs, primarily addressing the herbs provided for the session.
<b>40.</b>	<b>Herbal Craft Brew</b>	<p>An herbalist interactive instructional with take away craft. Our professional herbalist will offer an overview of several natural herbal home remedies available for use with common everyday herbs, primarily addressing the herbs provided for the session.</p> <p>We brew 3 base types of herbal tea on site. Participants taste the base to create their own herbal brew.</p>

<p><b>41.</b></p>	<p><b>Meditation or Mindfulness</b></p>	<p>Most of us are unaware of just how much our subconscious drives our perspective, and therefore our ability to manage our daily stressors.</p> <p>This service station will guide participants into learning to be more in control of their underlying driving force by learning to manage and adjust their primary thought patterns.</p> <p>By practicing several techniques that are accessible to anyone, participants will begin to learn how to take the driver's seat in their ability to make wise and sound decisions by taking control of the ability to think clearly and constructively.</p>
<p><b>42.</b></p>	<p><b>Meditation in Mania</b></p>	<p>Calm the mind, clear the mind, and let your stress unwind. This service station will offer various meditation practices designed to bring the mind into a harmonious and clear place.</p> <p>Specializing in “Calm in the Storm” themed practices, this service station utilizes surrounded noise as the base of practice, and integrated well into high volume events. The practices presented assist in calming tension and anxiety while promoting mental clarity.</p>
<p><b>43.</b></p>	<p><b>Meditation Van (Chicago ONLY)</b></p>	<p>Meditation, Attentive breathing, Posture for focus, and developing an ethic of Service-based communication.</p> <p>Too often one or a few of these tools are presented in isolation and as a way to merely mitigate stress or anxiety. The real power in these processes is when they are allowed to fundamentally reorient our experience of our environment, and that happens when we frame the goal of practice as developing a mood of service.</p>
<p><b>44.</b></p>		

	<b>Nutrition Basics</b>	<p>With the hustle and bustle of daily life, balanced nutrition is often overlooked. Our nutritionist will guide you to the basics of how to start developing and maintaining a healthier diet in a busy world.</p> <p>Learn the basics of how our food affects our brains, walk away with some easily applicable delicious recipes that you can start implementing into your diet at home, and ask questions.</p> <p>(PRICING AVAILABLE FOR SAMPLES FOR 500 UPON REQUEST).</p>
45.	<b>Oxygen Bar</b>	Includes two bars seating 4 people each with 8 different aromas, a staff member and unlimited oxygen hoses for the guests.
46.	<b>Pet n Play</b>	Bring some puppy play to your attendees.
47.	<b>Quick Nutrition</b>	<p>Discussion on quick, healthy, and nutritious snacks to encourage daily healthy eating habits. With the hustle and bustle of daily life, balanced nutrition is often overlooked.</p> <p>Our nutritionist will guide you to the basics of how to start developing and maintaining a healthier diet in a busy world. Learn the basics of how our food affects our brains, walk away with some easily applicable delicious recipes that you can start implementing into your diet at home, and ask questions.</p>
48.	<b>Reflexology 101</b>	Beyond the feel-good effects of a treatment, the practice and purpose goes deeper than the skin and muscles by taking specific reflex points on the foot to induce a healing response in corresponding organs and areas of the body. Discussion and self demo.
49.		Therapeutic essential oils for attendees to choose

	<b>Sense Station 1 “Scent”</b>	from for individual needs. Participants will choose to “reset” the mind, with Crow’s Specialist guiding participants into their unique needs. Whether a mental uplift is needed, or a calming action, our experts in sense therapy will be able to assist attendees in finding the right scent for their needs.
50.	<b>Sense Station 2 “Sound”</b>	Participants are invited to experience calm in the midst of chaos. Choosing from pure silence, white noise, calming music or mini guided meditation, participants will have a chance to enjoy a 5 minute “shut-out”. Our noise cancelling station can house up to 5 silence booths.
51.	<b>Sense Station 3 “Taste”</b>	Whole food bite size snacks with recipe cards and energy balancing nutritional information. A whole food snack that rejuvenates the mind and body with handouts explaining ingredients and benefits- \$??/per participant.
52.	<b>Sense Station 4 “Touch”</b>	This station will reset your mind and body through hands-on experiences by certified Wellness Educators. Choose from chair Massage, mini thai massage, acupressure or reflexology specialist. Crows experts in their respective field will provide a brief interactive overview on the specialty chosen, inviting participants into an interactive q & a mini session.
53.	<b>Sense Station 5 “Sight”</b>	Coloring sheets will be provided with colored pencils for attendees to enjoy the visual therapeutic effect of coloring. These sheets will have blank mandalas, which are an intricate design representing completion and healing. Pic of mandala as example

54.		The most powerful sources of information come from within; the Tarot aids in coming in contact with one’s Higher Self. Our Tarot expert will guide
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	<b>Tarot Card Reading</b>	participants through the card reading process and purportedly to gain insight into the past, present or future. Participants will formulate a question, then draw cards and our expert will help to interpret them for this end.
<b>55.</b>	<b>Tea Demo - Herbal Craft</b>	Our professional herbalist will offer an overview of natural medicinal home brews, from both a physical and aromatherapeutic aspect. Herbalist will address how the effects of different herbs and teas can affect not only our health, but also our attitude and outlook. Certain herbs enhance uplift, while others invite calm.

<b>WORKSHOPS</b>		
<b>56.</b>	<b>Aromatherapy</b>	<p>Scents affect brain chemistry while physical application affects body chemistry. Aromatherapy focuses on how scents affect our mental state.</p> <p>Participants will:</p> <ul style="list-style-type: none"> <li>• Learn basic safety guidelines for effective use of scent</li> <li>• Enjoy firsthand the power of different scents</li> <li>• Learn how scents affect mood, energy and mental clarity</li> </ul>

<b>57.</b>		Ayurveda literally means “knowledge of life” and its scope is truly no less encompassing. This science is the oldest natural medicinal system, encompassing herbology, nutrition, mindfulness, and unique individuality as the base of healing and health.
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	<p style="text-align: center;"><b>Ayurveda Basics</b></p>	<p>This tradition is based on the science of balancing each individual's optimal health through addressing their uniqueness, and using this as a tool to understand their unique personal blueprint. Our Ayurveda Expert will guide participants in assessment, information, and practices to help discover their unique code of wellness.</p>
<p style="text-align: center;"><b>58.</b></p>	<p style="text-align: center;"><b>Basic Nutrition for Weight Loss</b></p>	<p>With the hustle and bustle of daily life, balanced nutrition is often overlooked. Our nutritionist will guide you to the basics of how to start developing and maintaining a healthier diet in a busy world.</p> <p>Learn the basics of how our food affects our brains, walk away with some easily applicable delicious recipes that you can start implementing into your diet at home, and ask questions.</p> <p>Participants will design their own healthy snack pack, utilizing the provided options, provided by both client and CROW Practice, LLC. are in agreement of what constitutes a “healthy snack”.</p>
<p style="text-align: center;"><b>59.</b></p>	<p style="text-align: center;"><b>Chakra Balancing</b></p>	<p>Chakra Balancing is a form of energy healing that focuses on channelling energy into the seven chakras. When we talk about treating chakras we are referring to treating your energetic body. The body is not only made up of the physical body, we have an energy that extends beyond our physical wellbeing</p>

<p style="text-align: center;"><b>60.</b></p>	<p style="text-align: center;"><b>Colorful Tea Party</b></p>	<p>Color Changing Drinks - Our professional herbalist will guide participants in changing the color of drinks through natural pH play! Herbalist will discuss herbs for health, mood and outlook while guiding participants on how to use natural elements to create color changing cocktails.</p> <p>Participants will:</p> <ul style="list-style-type: none"> <li>● Brew blue tea</li> </ul>
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		<ul style="list-style-type: none"> <li>● Play with ph levels to adjust drink color</li> <li>● Learn how herbs naturally change a drink's color</li> <li>● Customize and take home a luxury herbal tea kit</li> </ul>
<p><b>61.</b></p>	<p style="text-align: center;"><b>Herbal Craft Brew - Tea Workshop</b></p>	<p>An herbalist interactive instructional with take away craft. Our professional herbalist will offer an overview of several natural herbal home remedies available for use with common everyday herbs, primarily addressing the herbs provided for the session.</p> <p>We brew 3 base types of herbal tea on site. Participants taste the base to create their own herbal brew. Cold teas invite vigor, while warm teas enhance peace.</p> <p>Participants will walk away with a basic understanding of how to use different types of tea brews to enhance their day.</p> <p>(Cold and or Hot teas to be discussed with the hotel and work with the hotel for set up).  (PRICING AVAILABLE FOR TAKE AWAY TEA SAMPLES UPON REQUEST)</p>

<p><b>62.</b></p>	<p style="text-align: center;"><b>Kintsugi Workshop</b></p>	<p>Kintsugi, also known as kintsukuro is the Japanese art of repairing broken pottery by mending the areas of breakage with lacquer dusted or mixed with powdered gold, silver, or platinum, a method similar to the maki-e technique.</p> <p>As a philosophy, it treats breakage and repair as part of the history of an object, rather than something to disguise. A Japanese Culture Expert explains Kintsugi and Japanese culture.</p>
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		We will create a personal craft to take home.. Discussion, demonstration with breaking a piece of pottery live.
<b>63.</b>	<b>Kokedama Workshop</b>	Kokedama (Japanese for "moss ball") is a style of potting plants in a ball of moss and displaying them in a dish or suspended in the air. The style originates from a centuries-old tradition of exhibiting the exposed root ball of a bonsai specimen on a plate to highlight its elegant root system.
<b>64.</b>	<b>Meditation &amp; Herbs</b>	<p>Create a space for connection.</p> <p>Together, meditation and herbs work to soothe the nervous system and promote an overall sense of well-being. You will be guided through an herbalism experience as you connect to each living herb and practice a mediation technique.</p> <p>We will acknowledge the inherent spirit of the plants as we enter a conscious and respectful relationship with not</p>

<b>65.</b>	<b>Neurosculpting</b>	The process of mediation and mental entrainment designed to enhance the brain's natural neuroplasticity while helping to heal and rewrite deep stress patterns. Train your brain with Neurosculpting.
<b>66.</b>	<b>Origami Workshop</b>	Origami: the art of paper folding. Its name derives from the Japanese words ori ("folding") and kami ("paper"). Traditional origami consists of folding a single sheet of square paper (often with a colored side) into a sculpture without cutting, gluing, taping, or even marking it.

		<p>Facilitated discussion on the history of this ancient art and then Experience the Art of Origami together as a lead workshop. Participants will create at least one unique piece of art and leave with other suggested Origami art pieces.</p>
67.	<p><b>Tea Ceremony Incentive Small Group</b></p>	<p>A traditional Puerh tea ritual and ceremony, utilizing rare Pu-erh teas from the Yunnan Province, China. (i.e. tea seeds grown in their natural environment, free from chemicals and forced growth). The ceremony is performed by Crow's Specialist in this specific ancient ritual, with traditional clay pots and traditional set up. This ancient practice honors the earth, each other, the self, and bride and groom. This sweet offering promotes grounding, unity, and mutual respect. (PRICING AVAILABLE FOR CUSHIONS)</p>
68.	<p><b>Reiki</b></p>	<p>Reiki therapy is based on an Eastern belief that vital energy flows through your body. The idea is that a Reiki practitioner uses gentle touch -- or places their hands just above your body -- to help guide this energy in a way that promotes balance and healing.</p>
69.	<p><b>Serenity Stone Wrapping</b></p>	<p>Rock wrapping is an art form rooted in Japanese tradition. Wrapped stones could be used in Japanese gardens to guide visitors along a prescribed route or the correct spiritual path. Today, there are many variations of rock wrapping using many different materials.</p> <p>For this workshop, attendees will learn methods of rock wrapping to create their own serenity stone.</p>

70.	<p style="text-align: center;"><b>Sound Healing</b></p>	<p>Experience the Benefits of Healing with Crystal Singing Bowls.</p> <p>Vibrational sound healing can be traced back from present day trends to many ancient civilizations including India, Africa, Europe, and the Orient. In addition, each culture had unique approaches specific to their region and beliefs. Bells, chimes, bowls, gongs, drums and vocal toning, chants or repetitive sound vibrations are only a few of the many vibrational sound tools and sounds that can be used for healing.</p> <p>Experience a vibrational sound healing from one of our expert healers.</p>
71.	<p style="text-align: center;"><b>Stress Management</b></p>	<p>Walk away with a variety of mindfulness tools and techniques to not only manage stress, but to start learning how to thrive over your stressors by using them to your advantage.</p>
72.	<p style="text-align: center;"><b>Zen Scents &amp; Mindfulness</b></p>	<p>Mindfulness is an essential part of everyday life, helping to combat stress and anxiety. This activation is designed to combine two of the most rewarding mindful activities; aromatherapy and meditation.</p> <p>Our expert Aromatherapist guides participants on 3 oils. An uplifting, a calming and a balancing scent are each linked to a meditative breath technique. The wellness benefits of the scents are explored along with the internal benefits of practicing breath and meditative techniques. Participants learn basic safety guidelines for effective use of aromatherapy.</p>

**ZEN DENS - 3 Combined Stations**

73.	Mind Body Soul Zen Den	Aromatherapy station with a craft build, Fitness station demonstrating travel fitness activities Tarot card reader.
74.	Sense and Scents Zen Den	Massage Chairs Oxygen Bar Aromatherapy Station
75.	Luxe Zen Den	Aromatherapy Sensory Deprivation Fusion Massage Chairs Be Well Games

VIRTUAL		
76.	Be Wells Beat	<p>This workshop will include a Stress Management Workshop PLUS tips and tools to practice throughout your work day to help reduce stress. We will focus on ideas to stay positive and engaged, breathe properly, release tension and feel more calm and relaxed.</p> <p>A tip sheet with reminders will also be provided. Includes: One test run before event and *digital swag bag for all participants.</p> <p>**Digital swag bags include a 10 minute energizer, a 30 minute exercise and a guided meditation for participants to do anytime, on their own!</p>

77.		Nothing engages a group better than getting to be
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	<p align="center"><b>Comedic Relief</b></p>	<p>part of the laughter! Bring a “pick me up” to your meeting’s energy and mood with the best medicine to battle boredom... LAUGHTER!</p> <p>When we laugh, we release chemicals in our brain (such as dopamine) which improve mood &amp; mental fatigue and promote connection among team members.</p> <p>Our hilarious comedic improv sessions are sure to get your group engaged and energized with a mental uplift.</p>
<p><b>78.</b></p>	<p align="center"><b>Communication &amp; A Healthy Workplace</b></p>	<p>Difficult moments are inevitable. (At least they’re inevitable if we want to live meaningful lives alongside other humans!) How we handle those difficult moments can be the difference between a downward spiral of isolation &amp; self-blame and a confident step toward the people &amp; activities that nourish and strengthen us in moving forward.</p> <p>We will discuss what self-compassion is (and isn’t!) and why research shows it’s important for personal health and successful relationships at home and at work. Self-compassion is shown to be the primary determinant of burnout among physicians and other helping professionals so we’ll talk about HOW to practice self-compassion in practical impactful ways in order to truly thrive.</p>
<p><b>79.</b></p>	<p align="center"><b>Energy Booster</b></p>	<p>Have our Wellness Expert attend your meeting and bring fun, quick tips and tricks to boost your mental energy and lessen fatigue. You will practice things like Fire breathing, Wayne Cook posture and more.</p>

<p><b>80.</b></p>		<p>Did you know that you lose 2lbs of toxins per day, just by breathing properly? Most of us walk through life literally holding our breath, waiting for the proverbial shoe to drop. It’s this lack of breath</p>
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	<p><b>The Express Elevator of Breath</b></p>	<p>that directly affects stress related disorders such as obesity &amp; depression.</p> <p>When you want to change the state of your mind, change your breath. When you want to change how you feel, change your breath. Your guide will allow you to journey into the realm of breath-work, increase vitality, kickstart metabolism, improve sleep, enhance energy, manage stress &amp; rebalance the Autonomic Nervous System. Learn basic breathwork techniques that you can use anytime, anywhere.</p>
<p><b>81.</b></p>	<p><b>Financial Wellness Talk</b></p>	<p>What is the number 1 stressor in America? MONEY!! But you do not have to be stressed out. Learn how to be your own CFO: take control of your financial well being by being your own Chief Financial Officer by understanding, monitoring and managing your income &amp; expenses.</p> <p>Our financial expert will walk you through foundational knowledge for investments such as the difference between stock and bonds, what mutual funds are and EFT's are as well as principles of allocation, diversification and the power of tax-advantaged accounts.</p>
<p><b>82</b></p>	<p><b>Gratitude Writing Breaks</b></p>	<p>During this break, participants practice several techniques. For example, they write down one thing they can let go of, one thing they're grateful for and three things they'll focus on that day.</p> <p>These writing breaks not only allow participants to bridge an internal connection but can also establish goals making participants more likely to accomplish those goals.</p>
<p><b>83.</b></p>		<p>With the hustle and bustle of daily life, balanced nutrition is often overlooked. Our nutritionist will guide you through the basics of developing and maintaining a healthier diet in a busy world.</p>

	<p align="center"><b>Health &amp; Nutrition Talk</b></p>	<p>Our Wellness Expert will:</p> <ul style="list-style-type: none"> <li>● Address how food affects our brains and bodies</li> <li>● Share easily applicable delicious recipes</li> <li>● Offer healthy tips on overcoming faculty burnout through self-care practices and or nutrition habits.</li> </ul>
<p align="center"><b>84.</b></p>	<p align="center"><b>Immunity Boosters</b></p>	<p>Let thy food be thy medicine.</p> <p>Learn about:</p> <ul style="list-style-type: none"> <li>● Immunity boosting foods, tips and tricks</li> <li>● How to get more energy</li> <li>● What we should put in our bodies</li> <li>● Daily habits that can increase our overall health</li> </ul>
<p align="center"><b>85.</b></p>	<p align="center"><b>Improve Your Relationships When You Listen Instead of Hear</b></p>	<p>When communicating with others, do you find yourself getting frustrated because you feel that the person isn't actually listening to what you're saying? They may be nodding their head because they hear you but don't seem to be connecting with what you are trying to say. You then spend time explaining, re-explaining, perhaps even justifying &amp; maybe you even start to talk louder. No matter what, they still only seem to hear you, not truly listening. Maybe you are the one hearing &amp; not truly listening. Either way, the bottom line is that it creates communication barriers in our lives.</p> <p>Learn how you can develop your listening skills in order to better connect with &amp; learn from the person you are in conversation with. This will improve your relationships one conversation at a time.</p>
<p align="center"><b>86.</b></p>	<p align="center"><b>Laughter Session</b></p>	<p>Laughter truly is the best medicine. It is proven to lower blood pressure, increase oxygen intake and impact our immune system.</p> <p>Get the dopamine flowing with this session of laughter. Our Wellness Expert will explain the science of laughter and teach techniques to induce laughter.</p>

87.	<p style="text-align: center;"><b>Meditation &amp; Herbs</b></p>	<p>Create a space for connection.</p> <p>Together, meditation and herbs work to soothe the nervous system and promote an overall sense of well-being. You will be guided through an herbalism experience as you connect to each living herb and practice a mediation technique.</p> <p>We will acknowledge the inherent spirit of the plants as we enter a conscious and respectful relationship with not</p>
88.	<p style="text-align: center;"><b>NLP (Neuro-Linguistic Programming)</b></p>	<p>Neuro-linguistic Programming is a psychological approach that involves analyzing strategies used by successful individuals and applying them to reach a personal goal. It relates thoughts, language and patterns of behavior learned through experience to specific outcomes.</p> <p>Work with neuroplasticity and how to train our brains for success.</p>
89.	<p style="text-align: center;"><b>Priming Meditation: Energy Booster Session</b></p>	<p>A meditation in four parts:</p> <ul style="list-style-type: none"> <li>● Lift your energy by practicing fire breath</li> <li>● Emotional flooding or stacking – our Wellness Expert will guide participants through moments of gratitude, appreciation and joy</li> <li>● A body scan to facilitate a deeper awareness between brain and body</li> <li>● Imagine the future</li> </ul>
90.	<p style="text-align: center;"><b>Quick Fit Minis</b></p>	<p>Medium- to high-energy workout tips to incorporate into everyday living. Choose from a list of fun home or office fitness fusions:</p> <ul style="list-style-type: none"> <li>● Crunch-N-Clean</li> <li>● Kitchen counter stretch-n-sculpt</li> <li>● Standing desk leg sculpt &amp; stretches</li> <li>● Couch Potato to Crunch Queen</li> <li>● Zoom meeting sneak work-out</li> </ul>

		<ul style="list-style-type: none"> <li>• Hotel quarantine cardio blast</li> <li>• Chair Moves for mental uplift</li> <li>• Morning Energizer</li> </ul>
91.	<p align="center"><b>Sleep Wellness Talk</b></p>	<p>More Than Counting Sheep</p> <p>Sixty million Americans suffer from insomnia, a condition that is known to cause negative health implications such as inflammation, obesity, chronic disease and more. In this health talk, a Wellness Expert will teach participants how to optimize their daily habits and lifestyle to ensure they get the best night's rest possible.</p> <p>Participants will learn how different forms of stress present themselves and the various techniques that can be used to combat them</p> <ul style="list-style-type: none"> <li>• discover the nutrients and the best sleeping positions for a good night's rest</li> <li>• identify factors that disrupt sleep</li> <li>• and understand how hormones play a role in sleep</li> <li>• walk away with specific techniques they can use to get a better night's rest.</li> </ul>
92.	<p align="center"><b>Smoothie Making</b></p>	<p>Join our Wellness Expert as they make a healthy and nutritious smoothie. They will explain what ingredients they are using and the health benefits.</p>

93.	<p align="center"><b>Sound Healing (inactive)</b></p>	<p>Guests will experience a session with sound healing instruments and singing bowls to de-stress from the constant noise of our modern-day busy lives.</p>
94.	<p align="center"><b>Stress Management</b></p>	<p>What is your best tool for stress management?</p> <p>How can you flip a negative and stressful situation into something less stressful and manage it with ease?</p>

		Find out with our Stress Management or Meditation Wellness Expert!
95.	<b>Zen Scents &amp; Mindfulness</b>	<p>Mindfulness is an essential part of everyday life, helping to combat stress and anxiety. This activation is designed to combine two of the most rewarding mindful activities; aromatherapy and meditation.</p> <p>Our expert Aromatherapist guides participants on 3 oils. An uplifting, a calming and a balancing scent are each linked to a meditative breath technique. The wellness benefits of the scents are explored along with the internal benefits of practicing breath and meditative techniques.</p> <p>Participants learn basic safety guidelines for effective use of aromatherapy.</p>
96.	<b>Zoominals - Animal Therapy</b>	Bring a Zoomimal to your next virtual meeting. It's virtual animal therapy to energize your attendees! We have over 50 animals to choose from. Even get a tour of the farm!

<b>PERFORMANCES (account for 5-25 min session)</b>		
97.	<b>AcroYoga</b>	AcroYoga is a mix of partner acrobatics, Thai massage, and yoga. It builds a practice of the understanding of trust. Trust within the body, trust within the community, and trust in the fact that it's a lot of fun to do these amazing things you never thought you'd be able to do.

**TOURS - Orlando Based**

<b>98.</b>	<b>Goat Yoga at the Farm</b>	<p>Goat Yoga</p> <p>For the animal lovers practicing yoga, this session creates a joy filled experience you won't forget. This unique tour can even be brought to your venue!</p>
<b>99.</b>	<b>Farm Tour with Sound Healing and Yoga</b>	<p>Visit over 100 exotic animals. During your tour you will get to meet a sloth, feed a capybara and so much more!</p>

**SEASONAL : Virtual**

<b>100</b> .	<b>Seasonal: Holiday Stress Relief</b>	<p>Scene 1: The doorbell rings &amp; when you open it, it's The Holidays! Lurking behind it is stress &amp; the pressure to perform! In a normal year, we cook, clean, prep, shop, wrap, bake, clean, &amp; entertain all in the shadow of our thoughts when we ask ourselves "is it good enough".</p> <p>We feel good when life is going our way, but what happens when chaos, frustration, anger, sadness, fear, stress, anxiety &amp; grief crash down on us? Those feelings add weight to an already stressful world that we live in &amp; we can end up feeling</p>
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		<p>overwhelmed, &amp; it outweighs the good stuff like joy!</p> <p>Our expert will help you understand how balance is attainable even during difficult holiday situations. Find joy within.</p>
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<b>101</b> .	<b>Yoga Styles</b>	Full list of yoga styles and descriptions available upon request
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