



JOURNEY TO WELLNESS

CROW PRACTICE SERVICES BROCHURE

CROW
PRACTICE

CROW PRACTICE



The Wellness Experts

Providing Expert Speakers, Workshops,
Flow Stations, and Fitness Sessions



407.815.5691



Kristine@crowpractice.com



<https://crowpractice.com>

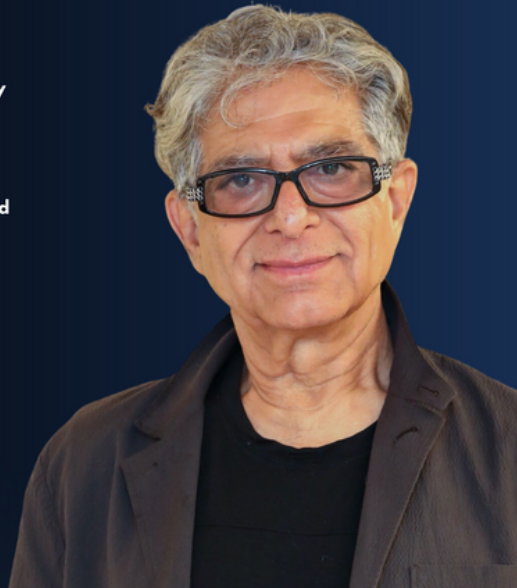


LIVE SPEAKER SERVICES



LIVE SPEAKER SERVICES

- Founder of The Chopra Foundation and co-founder of Chopra Global
- Board Certified in Internal Medicine, Endocrinology, and Metabolism
- Clinical Professor in Medicine at the University of California, San Diego
- Author of over 90 books translated into 43 languages
- Bestselling titles include "The Healing Self" and "Peace Is the Way"
- Ranked #17 influential thinker in the world (The World Post and The Huffington Post)
- Recipient of the GOI Peace Award and Ellis Island Medal of Honor



DEEPAK CHOPRA
Pioneering Integrative Medicine
and Personal Transformation

- Creator of the Thrive Planner
- Former elite athlete and one of the fastest men in the world
- 3x NCAA National Championship and USA Track and Field Championships silver medalist
- Trusted speaker delivering motivational talks internationally
- Teaches people how to use adversity to build greater strength, success, and fulfillment



CHARLES CLARK
Motivational Speaker and
Mindset Expert

- Facilitator, speaker, executive coach, and partner at Evolution consulting firm
- Specializes in working with heart-centered leaders
- Nurtures confidence and helps leaders achieve their dreams
- Introduces "Body-Based Breakthrough" process
- Harnesses creativity, wisdom, and answers from the body
- Empowers practitioners to tap into their body's innate resources



MATTHEW COOKE
Body Base Break Through

- Former 7-year NFL quarterback turned leadership authority
- Former Rose Bowl Champion, Team Captain, and Most-Inspirational player
- Trusted by organizations like Google, Starbucks, Mercedes-Benz, and the Pentagon
- Specializes in developing leaders, leading effective change, and enhancing teamwork and performance
- Known for delivering results and enhancing organizational performance
- Encouraging efforts that emerge when the "heart is in it."



TOM FLICK
Motivational speaker
Leadership and Change Expert

LIVE SPEAKER SERVICES

- Founder and CEO of Crow Practice, LLC
- Author & Wellness Advocate
- Promoting Work/Life Balance
- Author of the Book Calm in the Chaos:
Unleash your true potential and live the life
you love
- Provides lasting results and tangible
techniques
- Offers interactive talks with a powerful impact
- Learn strategies for reducing and balancing
stressors
- Gain tips and tools for achieving body-mind
balance



KRISTINE IVERSON
**Calm in the Chaos: Overcoming
Burnout**

- Chief Creative Catalyst - Flight of Ideas, Inc.
- Gallup-trained researcher since 1987
- Performer and host since 2001 at SAK
Comedy Lab
- Hall-of-Famer in the field of comedy
performance
- Learn how to face down daunting challenges
and redefine the concept of "impossible"
- Discover the key traits that define those who
successfully accomplish the impossible



BOB KODZIS
How to do the Impossible

- Director and Lead of Beautiful Chorus
- Former lead vocalist of Solilaquists of Sound
and Chakra Chan
- Released a meditative album called "Fucking
Relax"
- Teaches meditation, mindfulness, and
breathing practices to diverse individuals
- Hosts Vocal, Instrumental, and Guided Healing
Meditations for over a decade
- Focuses on tuning into our true selves and
taking intentional steps towards personal
growth



ALEXANDRA LOVE
**Mindfulness and Meditation
Facilitator**

- Experienced outdoorsman despite limited
exposure to the wild outdoors during
childhood
- Life-changing event: Trapped by a boulder in
Utah's canyon country in 2003, freed himself
after six days using a multi-tool knife, and
hiked to a miraculous rescue
- Advocates for wilderness protection
- Internationally bestselling author of "Between
a Rock and a Hard Place"
- Nominated for six Oscars



ARON RALSTON
**Inspirational Speaker,
Outdoor Enthusiast**



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LIVE SPEAKER SERVICES

- CEO at Inspired Performance Institute
- Created The Inspired Performance Program (TIPP) to enhance performance through mind updates and adjustments
- Developed a cutting-edge Neuroscience approach to reduce and eliminate symptoms in as little as four hours
- Specializes in working with individuals seeking relief from symptoms like anxiety, panic attacks, and depression
- Bestselling Author of "You Must Be Out of Your Mind," and "Emotional Concussions"
- Success with World Class Individuals: Athletes, executives, and CEOs have experienced remarkable results from TIPP

DR. DON WOOD
Neuroscience Expert and
Speaker



- Former Cruise Director with 22 years of corporate success aboard her floating home
- Combines Functional Medicine with yogic philosophies for holistic wellness since 2008
- Keynote Speaker inspiring audiences with insights and wisdom
- Offers Intrinsic Life & Health Coaching, Sales & Performance Coaching, E-RYT Yoga Teaching, Yoga Nidra Meditation Teaching, Yoga & Breath Therapy
- Workshop Facilitator on Stress, Sleep, Fitness, Relationships, Meditation, and Breath
- Author of "Hello Sleep, Goodbye Sleepless Nights" and Co-author of "Chicken Soup For the Soul: BE YOU"

YVETTE SECHRIST MCGLOSSON
Sleep Wellness Talk
More than Counting Sheep



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FLOW STATIONS



FLOW STATIONS



ACUPRESSURE

Experience the Power of
Acupressure – Ancient Chinese
Medicine, Needle-Free, and Life-
Enhancing!



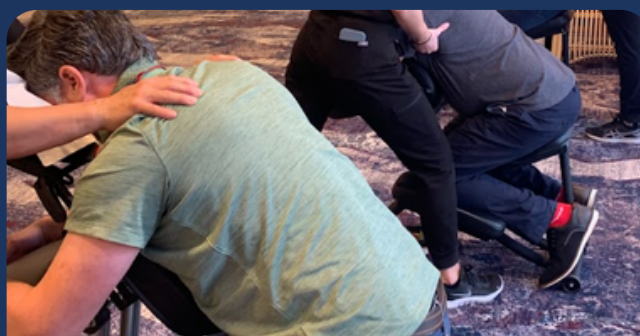
AROMATHERAPY EDUCATION

Explore uplifting scents, boost
energy, and enhance mental clarity
with our Aromatherapy. Customize
healing products for potential.



AROMATHERAPY WITH ESSENTIAL OILS

Discover healing through essential
oils, uplifting scents, and custom
Aromatherapy for energy and
mental clarity.



CHAIR MASSAGE

Pamper your participants with
custom chair massages, offering
relaxation and tailored attention to
enhance their well-being



HERB & TEA CRAFT BUILD

Explore herbal health benefits and
aromatic effects. Create unique
herbal tea blends while learning
preparation techniques.

FLOW STATIONS



HERB & TEA EDUCATION

Discover tea and herb wellness with expert guidance on blends' medicinal properties. Elevate health naturally through transformative scents and flavors.



MALA BEAD GIFT

Mala Gift Bag can be added to the Relax and Renew Room
Inclusion of: 1 Mini Essential oil, 1 bracelet, 1 Card and 1 Gift Bag



MEDITATION ROOM

Unlock control over subconscious patterns. Learn to manage and adjust primary thought patterns for better stress management.



MEDITATION ROOM PACKAGE/DELUXE

Tap into your subconscious power. Master thought patterns for improved stress management and perspective.



PET-N-PLAY OPTIONS

Discover relaxation at our Pet-N-Play Center with adorable animals in the Puppy Palace, Kitty Corner, Bunny Burrow, and Goat Grove.

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UNIQUE FLOW STATIONS



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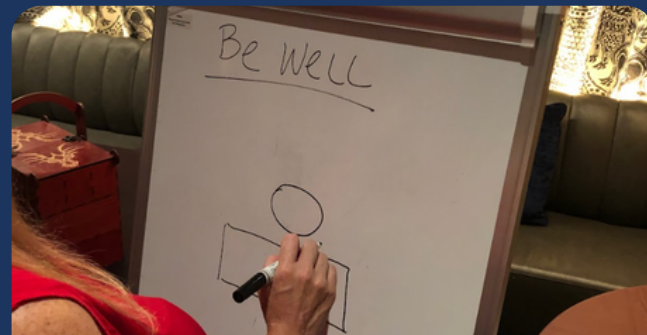
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UNIQUE FLOW STATIONS



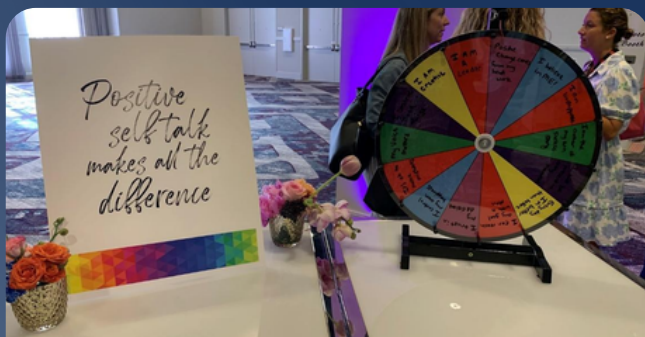
AROMATHERAPY SENSORY DEPRIVATION FUSION

Experience sensory deprivation and expansion for enhanced senses. Enjoy aromatherapy, binaural beats, and relaxation to boost calmness and wellness



BE WELL ACTIVATION

Engage in fun group activities with Be Well Games! Foster mental and physical strength using props. Build resilience, reframe challenges, and relax with mindful focus.



BE WELL ACTIVATION CENTER

Transform a hotel seating area into an exploration and relaxation space. Experience acupressure tools with expert guidance.



BUILD & BREW COCKTAIL HOUR COLOR-CHANGING DRINKS

Change drink colors naturally with our herbalist's guidance. Explore herbs for health, mood, and outlook.



CACAO EDUCATION & CONNECTION

Discover cacao's essence. Sample varied flavors at our station, including ancient Mayan-inspired spiced version.

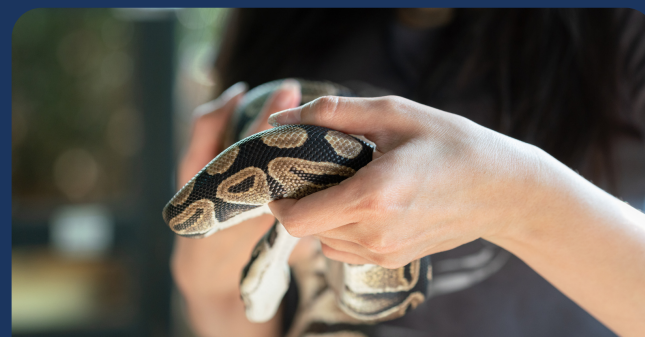


UNIQUE FLOW STATIONS



CRYSTAL ESSENTIALS

Elevate vibes with crystals! Boost energy, find calm, and enhance awareness. Dive into the experience at our Crystal Essential Station.



EXOTIC ANIMALS

Get up close with exotic animals! Touch armadillos, goats, tortoises, snakes, and gators with handlers. Meet parrots, opossums, and sloths (limited sessions).



FLORAL ARRANGEMENTS

Unleash floral enchantment at our Floral Arrangements Station! Explore a vibrant bloom world, guided by experts



GRAB & GROW

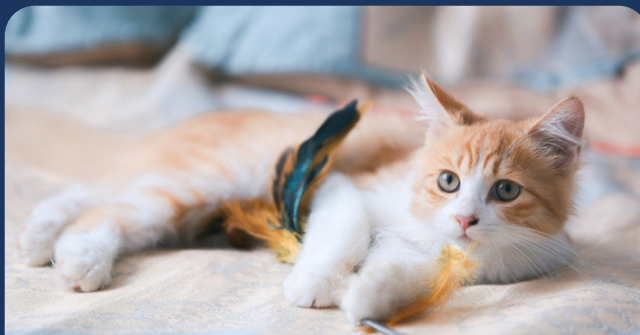
Explore "Grab & Grow" Succulent Station: Choose resilient succulents, symbolizing growth, at your tranquil client event.



MEDITATION PODS

Step into tranquility with our wellness meditation pod. Designed for ultimate relaxation, it offers a secluded oasis to escape the chaos.

UNIQUE FLOW STATIONS



MOBILE CAT LOUNGE AND PLANT NURSERY

Experience our mobile cat lounge:
23ft trailer with cuddly friends,
treats, toys, and scenic plants,
bringing paws-itive joy!



MOBILE CHAIR MASSAGE

Experience head-to-toe relaxation
with our portable chair model.
Enjoy leg massagers, zero gravity,
full recline, and bonus features like
smart charger.



MOBILE PETTING ZOO

Farm animals delivered to you!
Meet bunnies, guinea pigs, chickens,
turkeys, piglets, and quails.
Capture smiles, laughter, and
amazing photos.



OXYGEN BAR

Enhance well-being through oxygen
bars. eel calm, harmonious, and
relieved from stress.



SEASONING SALT

Create custom seasoning salts for
flavorful meals. Our Wellness
Expert shares salt benefits, usage
tips, and ingredient insights. Make
and take home your unique blend.

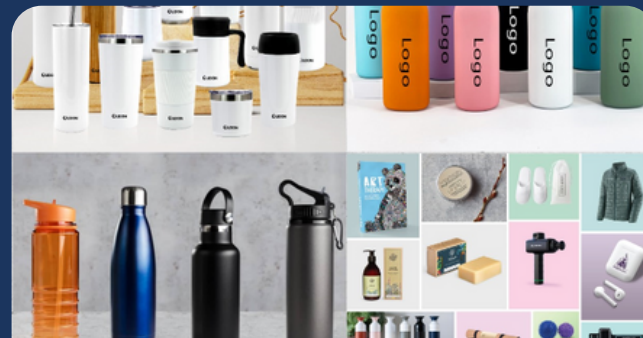


UNIQUE FLOW STATIONS



SPICES

Customize spice blends with our Expert. Learn ingredient benefits and create unique chili, taco, BBQ, or blackened seasonings. Share your blend!



SWAG PARTNER

Elevate events with customizable products. Showcase local businesses. Leave lasting impressions through personalized, thoughtful items.



TAROT CARD READER

Gain self-insight with our Tarot card expert. Formulate a question, draw cards, and receive expert interpretations.



VITAMIN SHOTS

Discover Vitamin Mixology: Blend flavor and wellness at our station. Journey into liquid vitamin alchemy for rejuvenation.

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FITNESS CLASSES



FITNESS CLASSES



BOOTCAMP

Elevate fitness with dynamic group workout. Enhance cardio, strength, and agility through intense training experience."



DANCE

Energizing classes teaching diverse dance styles for improved coordination and fitness. Join the fun and movement!



KICKBOXING

Engaging martial arts workout: Blend punches, kicks, cardio for a dynamic fitness experience.



LINE DANCING

Discover the Ultimate Dance Experience: Boost Posture, Coordination, Agility, Flexibility, Energy, and Calorie Burn. Join the Fun!



MEDITATION

Unlock inner intelligence, embrace happiness, creativity, and connection through this transformative tool of self-discovery and silence.



MINDFULNESS

Experience this transformative service aiming to manage stress, enhance decision making, and foster clarity.

FITNESS CLASSES



POSTURE & STRETCHING

Enhance posture and flexibility with posture and stretching sessions, integrating body, mind and spirit. Suitable for all!



QI GONG

Experience restorative energy through ancient Chinese exercises, meditation, controlled breathing and movement.



TAI CHI

Experience the grace of Tai Chi through slow, flowing movements, deep breathing, and gentle stretching.



WATER AEROBICS

Dive into refreshing water aerobics! Experience energizing vertical exercises in waist-deep water for a fun, splash-filled workout.



YOGA

Unlock yoga's benefits: personalized poses for flexibility and relaxation. Find balance anywhere, anytime.



ZUMBA

Join the Zumba party! Energizing workout with international music, dance, and interval training. Tone and sculpt while having fun!

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SPECIALITY FITNESS CLASSES



SPECIALITY FITNESS CLASSES



MEDITATION ROOM

Discover serenity with our Wellness Expert. Ease stress, quiet thoughts, and elevate well-being through guided meditation.



POUND

Try this exhilarating Pound workout, combining drumming, cardio, strength, yoga and pilates for a fun and energizing session.



SELF DEFENSE

Empower yourself with a practical Self Defense Class. Learn real-life skills applicable to your profession and personal safety.



SILENT HEADPHONES

Silent headphones add music and extra fun to your fit session without interrupting any neighboring activities.



SPECIALITY FITNESS CLASSES



SOUND HEALING

Unwind with Sound Healing:
experience soothing tones, gentle
movement, and breathwork for
relaxation.



TEAM BUILD

Boost team synergy with a
competitive fitness class. Obstacle
course, teamwork, music, and
expert guidance included.



YOGA WITH AROMATHERAPY

Enhance yoga with aromatherapy!
Immerse in gentle class infused with
essential oils for energy and mental
clarity



YOGA WITH CRYSTALS

Dive into yoga and crystals synergy!
Intentional movements harmonize
with crystal energy for awareness
and presence.

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FUSION SERVICES

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SOUND HEALING & CACAO

Indulge in the harmonious fusion of sound healing and cacao for a holistic wellness experience.



Immerse yourself in a meditation session with soothing sound healing instruments, followed by a delightful cacao tasting. Discover the cultural history of both practices as you relax, rejuvenate, and embrace a renewed path to wellness.



SOUND HEALING & SALT SCRUB

Unwind and rejuvenate with the ultimate relaxation experience of Yoga, Sound Healing & Salt Scrub.



Experience the soothing embrace of sound healing, indulge in tension-relieving yoga, and craft your own personalized salt scrub for a blissful self-care ritual. Take away invaluable wellness skills to nurture lasting relaxation



YOGA & ANIMALS- FURRY FRIENDS

Unite yoga and furry friends in our heartwarming Yoga Fusion session



Experience yoga with adorable rescues, benefiting both animals and participants. Embrace puppy love and joyful companionship, including dog kisses.

FUSION SERVICES



YOGA & ANIMALS-GOATS

Discover peace and agility with Goat Yoga, merging yoga and animal therapy for a unique experience.



YOGA & AROMATHERAPY WORKSHOP

Experience a unique yoga class infused with essential oils.



ZEN SCENTS & MINDFULNESS

Elevate wellness with Zen Scents & Mindfulness.



Experience yoga surrounded by adorable goats, creating a unique and uplifting adventure. Unforgettable serenity and animal companionship at your location or local farm.



Learn some basic 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.



Experience yoga surrounded by adorable goats, creating a unique and uplifting adventure. Unforgettable serenity and animal companionship at your location or local farm.

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LIVE WORKSHOP



LIVE WORKSHOP



ACUPRESSURE

Explore pressure points with our Acupressurist. Stimulate for health, cognition, and energy benefits without needles.



AROMATHERAPY WITH ESSENTIAL OILS

Discover healing through essential oils, uplifting scents, and custom Aromatherapy for energy and mental clarity.



HERBAL CRAFT BREW - TEA

Explore herbal health benefits and aromatic effects. Create unique herbal tea blends while learning preparation techniques. Enjoy at home!



MEDITATION

Unleash Peace Within: Unlock the Magic of Meditation - Find Relief from Stress, Soothe the Mind, and Elevate Wellbeing.



MEDITATION AND HERBS

Harmonize Mind and Body: Immerse in Herbal Meditation - Embrace Serenity and Well-Being through Nature's Wisdom.

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UNIQUE LIVE WORKSHOP

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BREATHWORK

Explore the Power of Pranayama - Elevate Health Markers, Enhance Mind-Body Connection, and Experience Inner Peace.



BUILD & BREW COCKTAIL HOUR

Cocktails of Enchantment: Dive into Color-Changing Magic - Discover Herbs' Transformative Power and Create Your Own Masterpiece!



CACAO EDUCATIONAL

The Soul of Cacao: An In-Depth Workshop on Chocolate's Key Ingredient - Taste History, Discover Nutritional Richness, and Cultivate Yourself.



CHARCUTERIE BOARDS

Join our hands-on Charcuterie Board Workshop and learn to craft the perfect arrangement of delicious meats, cheeses, and accompaniments



COLORFUL TEA PARTY

Wellness in Every Sip: Experience the Magic of Color-Changing Teas - Embrace Herbal Wisdom for Health and Happiness!

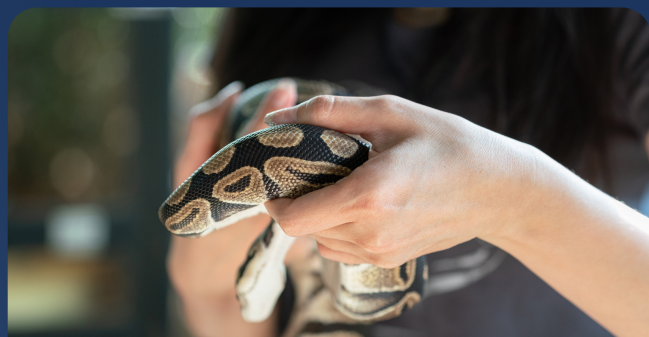


EAT THIS, NOT THAT

Nourish Your Body, Elevate Your Life: Mastering Balanced Nutrition in a Busy World - Unleash Vitality and Resilience!



UNIQUE LIVE WORKSHOP



EXOTIC ANIMAL SHOW

Meet armadillos, goats, snakes, gators, and more. Touch, interact with exotic animals, parrots, opossums, sloths (limited sessions).



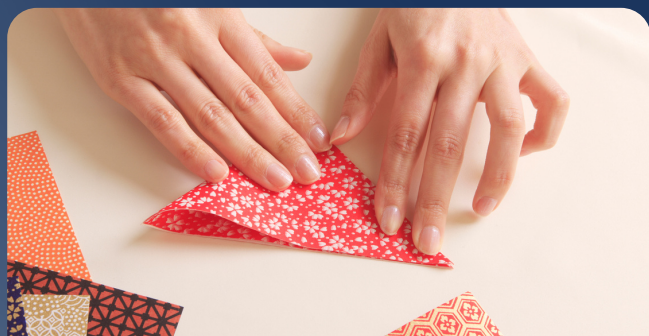
HONEY

Journey into the Beehive: Unravel the Secrets of Honey and Bees - From Hive to Honey Tasting, a Sweet Adventure Awaits!



IMPROV TEAM BUILD

Collaborate, Create, Succeed: Elevate Your Team's Performance with Improv - Unlock Interactive Skills and High-Functioning Unity.



ORIGAMI

The Magic of Origami: Create Stunning Art with a Single Sheet of Paper - Immerse in History and Future of This Timeless Craft.



WINE AND CHEESE TASTING

Experience exquisite wines, cheeses. Elevate palate, pairing knowledge at our Wine & Cheese Workshop



WINE TASTING

Tap into your inner wine connoisseur: Explore diverse wines, refine tasting skills, and appreciate the art at our workshop.

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ZEN DENS



ZEN DENS



MIND - AROMATHERAPY

Unlock wellness with essential oils. Discover their impact on brain and body. Experience transformative scents on mood and energy.



BODY - FITNESS EXPERT

Maximize wellness with our Fitness Expert. Learn travel-friendly exercises, strength training, and fitness cards for optimal routines.



SPIRIT - TAROT CARD READER

Unveil inner wisdom with our Soul Tarot Card Reader. Gain insight and guidance as our expert interprets drawn cards.



ZEN DEN - MEDITATION ROOM

Unlock control over subconscious patterns. Learn to manage and adjust primary thought patterns for better stress management.



ZEN DEN - MEDITATION ROOM PACKAGE/DELUXE

Tap into subconscious power. Manage thought patterns for improved stress management and perspective.

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A Woman Owned & Operated Business

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