



JOURNEY TO WELLNESS

CROW PRACTICE SERVICES BROCHURE

CROW
PRACTICE



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Coordinated Response on Wellness (CROW) Practice offers corporate event planners a one-stop shop for reliable wellness solutions, streamlining the planning process without sacrificing quality or the need to manage multiple vendors.

+1407.205.7291

info@crowpractice.com

<https://crowpractice.com/>

@thecrowpractice

LIVE SPEAKER SERVICES

Coordinated Response on Wellness (CROW) Practice offers corporate event planners a one-stop shop for reliable wellness solutions, streamlining the planning process without sacrificing quality or the need to manage multiple vendors.



LIVE SPEAKER SERVICES

- CEO at Inspired Performance Institute
- Created The Inspired Performance Program (TIIP) 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 TIIP



DR. DON WOOD
Neuroscience Expert and Speaker

- 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 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 MCGLASSON
Sleep Wellness Talk
More than Counting Sheep



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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

- 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

- 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

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LIVE SPEAKER SERVICES

- 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

- 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

- 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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ACTIVATIONS

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ACTIVATIONS



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.

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ACTIVATIONS



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.



FITNESS EXPERTS

Discover how to optimize daily habits and lifestyle with exercises and tips on how to benefit from various physical movements to do while traveling.



PET-N-PLAY OPTIONS

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

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UNIQUE ACTIVATIONS

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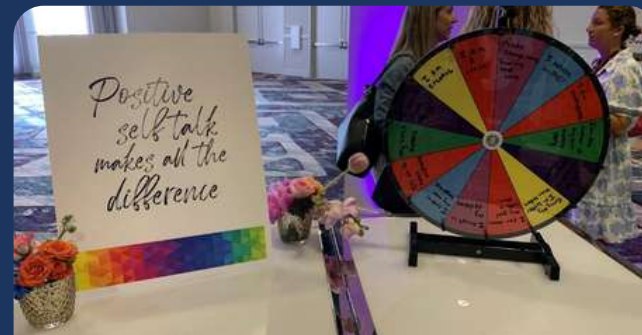


UNIQUE ACTIVATIONS



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.



CANDLE MAKING

Nothing warms the heart and home like the scent of beeswax candles!



BUILD & BREW COCKTAIL HOUR COLOR-CHANGING DRINKS

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



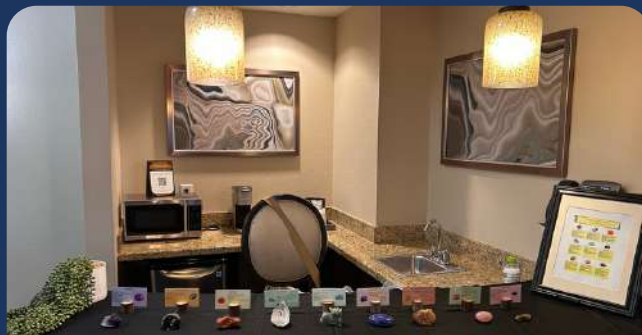
TEA LEAF READER

Tea leaf reading, also called Tasseography, is a method of forecasting the future and learning more about one's destiny, or fate, by examining the loose used tea

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UNIQUE ACTIVATIONS



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).



FRIENDSHIP BRACELET

Strengthen bonds and spread positivity with our handcrafted bracelets, each one a symbol of friendship and well-being.



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.



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UNIQUE ACTIVATIONS



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. Feel calm, harmonious, and relieved from stress.



HAIR TINSEL

Fairy hair, aka hair tinsel is the latest hair trend taking over our social media feeds. From TikTok to Instagram, the holographic hair is here!

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UNIQUE ACTIVATIONS



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.



PERSONALIZED ENERGY READER

Formulate a question, draw cards, and receive expert interpretations.



VIRTUAL REALITY

Immerse Yourself in Virtual Reality at Crow Practice!
Explore the latest wellness trend with our immersive VR experience. With 8 headsets available.



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A group of diverse women are shown in a gym setting, smiling and participating in a fitness class. They are wearing athletic wear, and the background shows gym equipment and bright lighting. A dark blue diagonal banner is overlaid on the bottom half of the image, containing the text "FITNESS CLASSES" in white, bold, sans-serif font.

FITNESS CLASSES



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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.



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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



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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.

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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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FUSION SERVICES



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.



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FUSION SERVICES



YOGA & ANIMALS-GOATS

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



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



YOGA & AROMATHERAPY WORKSHOP

Experience a unique yoga class infused with essential oils.

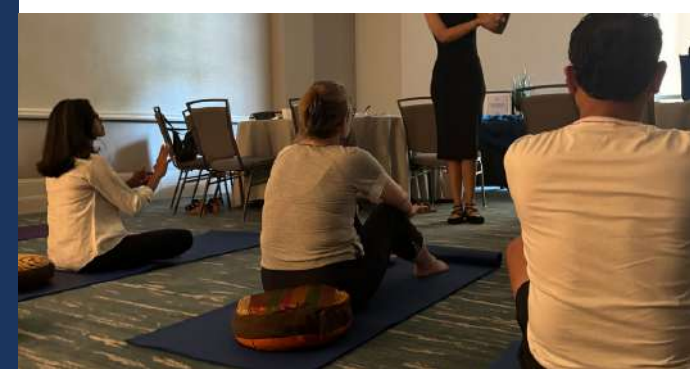


Learn some basic guidelines for effective use of scent, and enjoy firsthand the power of different scents, and how they can affect your mood, energy, and mental clarity.



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.

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LIVE WORKSHOP

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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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UNIQUE LIVE WORKSHOP



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!



MEDITATION AND HERBS

Together, meditation and herbs work to soothe the nervous system and promote an overall sense of well-being.



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!



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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 DEN



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TRANQUILITY OASIS ZEN DEN



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.



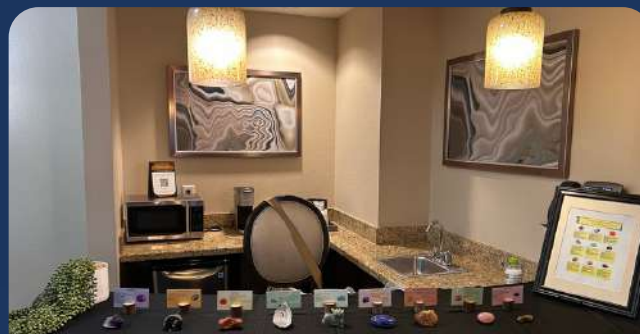
OXYGEN BAR

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



AROMATHERAPY WITH ESSENTIAL OILS

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



CRYSTAL ESSENTIALS

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HERB & TEA CRAFT BUILD

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VITALITY HARBOR ZEN DEN



CHAIR MASSAGE

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



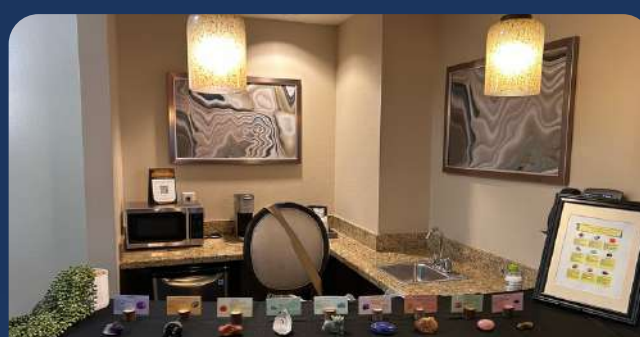
MINDFULNESS

Our wellness expert can either discuss one on one with participants mindfulness techniques, tips and tricks and/or how best to manage stress.



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CONNECTION HAVEN ZEN DEN



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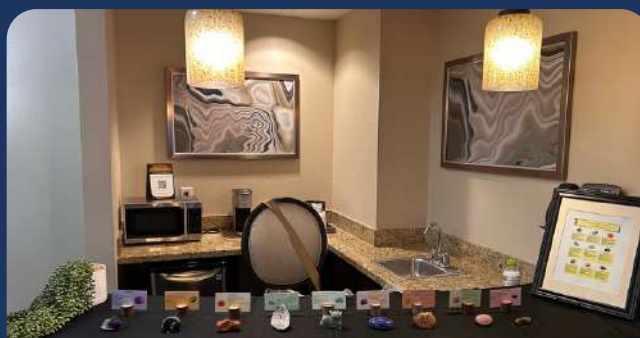
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CROW PRACTICE – A WOMAN OWNED & OPERATED BUSINESS

**RELIABLE WELLNESS SOLUTIONS, STREAMLINED PLANNING PROCESS
IMMERSIVE AND WELLNESS-CENTRIC EXPERIENCES**

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