

# CORPORATE WELLNESS PROGRAM EXAMPLE

with Heather Rae & Little Lotus Wellness

Spring/Summer Wellness Program (for one or multiple departments/locations)

**Mindfulness:** This one-hour class will go over how to use this mind-body approach to enhance your overall well-being. Mindfulness offers deeper insight, personal growth and clarity. We will discuss how mindfulness can aid in overcoming emotional problems, increase your focus and improve your relationships personally as well as professionally. Learn how to live a more mindful life in both work and home.

**Meditation:** This one-hour class will focus on breaking down the practice of meditation and how to incorporate a personal practice in your everyday life. We will discuss to methods and techniques and demystify this ancient mental discipline to make it applicable in today's modern-day world. Guided meditations, breathing practices and helpful tips will be offered in each class.

**Yoga:** This one-hour class will be tailored to multi-leveled yoga practitioners as an introduction and refining the physical form of yoga. Combining breathing, meditation and mindfulness, we will explore the yoga asanas (poses) and how to combine to find a flow of movement to connect your mind, body and spirit.

**Chair Massage:** This service will provide the employees with a 10-15 minute chair massage (schedule to be discussed). I will provide my massage chair and all equipment. Employees will sit on chair fully clothed and receive a relaxing back, neck and shoulder massage to relief tension and offer a refreshed sense of well-being



195 W. Nine Mile Rd  
Suite 211  
Ferndale, MI 48220

PHONE (586) 344-6587  
EMAIL [getwell@littletotuswellness.com](mailto:getwell@littletotuswellness.com)  
WEBSITE [www.littletotuswellness.com](http://www.littletotuswellness.com)

May

Week One	Tues & Thurs.	Dept/Location #1	Meditation & Mindfulness
Week Two	Mon & Wed	Dept/Location #2	Meditation & Mindfulness
Week Three	Tues & Thurs	Dept/Location #1	Yoga & Chair Massage
Week Four	Mon & Wed	Dept/Location #2	Yoga & Chair Massage

June

Week One	Tues & Thurs	Dept/Location #1	Yoga & Meditation
Week Two	Mon & Wed	Dept/Location #2	Yoga & Meditation
Week Three	Tues & Thurs	Dept/Location #1	Mindfulness & Chair Massage
Week Four	Mon & Wed	Dept/Location #2	Mindfulness & Chair Massage

These rotations can be changed and tailored to your business and staff. This schedule may also be extended to do full wellness days (4-6 hour events) with multiple classes each day.

This is just an example of how a wellness program could run in your business. Please contact me at [getwell@littlelotuswellness.com](mailto:getwell@littlelotuswellness.com) to see how we can customize a program just for you!



195 W. Nine Mile Rd  
Suite 211  
Ferndale, MI 48220

PHONE (586) 344-6587  
EMAIL [getwell@littlelotuswellness.com](mailto:getwell@littlelotuswellness.com)  
WEBSITE [www.littlelotuswellness.com](http://www.littlelotuswellness.com)



A lover of nature & explorer of the Divine, I am also a Yoga Instructor, Meditation & Transformational Coach, body and energy worker. With a multi-faceted practice, I believe in a truly integrative approach to self-care. I believe in embracing every aspect of yourself and blazing your own trail of awesomeness. Working with clients to tap into their own power, I incorporate many elements to harness the endless potential in everyone.

Namaste,

*Heather Rae*

**HOUR**  
DETROIT

Featured in HOUR Detroit online as one of the 10 places in metro Detroit to practice yoga in 2018

Articles published in Massage Magazine and Yoganonymous.com

20K meditators on Insight Timer-one of the world's most popular meditation apps



195 W. Nine Mile Rd  
Suite 211  
Ferndale, MI 48220

PHONE (586) 344-6587  
EMAIL [getwell@littlotuswellness.com](mailto:getwell@littlotuswellness.com)  
WEBSITE [www.littlotuswellness.com](http://www.littlotuswellness.com)