



ENRICHMENT PROGRAMS

YOU CAN CUSTOM DESIGN YOUR WELLNESS PROGRAM BY SELECTING A VARIETY OF CLASSES TO SUIT YOUR EMPLOYEES' NEEDS AND DESIRES. BELOW YOU'LL FIND SOME OF THE MOST POPULAR PACKAGES THAT GIVES YOU AN IDEA OF YOUR OPTIONS:

OPTION #1: COMPREHENSIVE ENRICHMENT PROGRAM (appx. 35 weeks)

<u>Quantity</u>	<u>Program, class or session</u>
2	2.5-Hour Team Building and Stress Reducing Workshops
20	1-Hour Yoga Classes
20	30-Minute Mindfulness Meditation Sessions
2	1- Hour Lunch and Learn Workshops

OPTION #2: YOGA & MEDITATION FOR 26 WEEKS

<u>Quantity</u>	<u>Program, class or session</u>
26	1-Hour Yoga Classes
26	30-Minute Mindfulness Meditation Sessions

OPTION #3: MINDFULNESS MEDITATION FOR 26 WEEKS

<u>Quantity</u>	<u>Program, class or session</u>
26	30-Minute Mindfulness Meditation Sessions

OPTION #4: YOGA FOR 26 WEEKS

<u>Quantity</u>	<u>Program, class or session</u>
26	1-Hour Yoga Classes

~~~PLEASE REMEMBER THAT THE WILLOW TREE GIVES AT LEAST 20% OF THE PROCEEDS TO FUND PROGRAMS THAT SERVE UNDERSERVED CHILDREN RIGHT HERE IN SAN DIEGO COUNTY.~~~

PAYMENT: 1/2 is due at time of signing, 1/4 on week 10 and final payment due on week 20. We offer a 5% discount if paid in full at time of signing.

IF YOU WOULD LIKE YOUR OWN CUSTOM PROPOSAL WITH PRICES PLEASE CONTACT NANCY E MARKS AT THE NUMBER BELOW.