

PLAN THE YEAR ONCE

The 2027 Wellness *Calendar*

Four dated wellbeing events, one each quarter, on the dates your people already care about. Approved once, invoiced quarterly, with 10% off when all four dates are booked up front.



Your four dates One per quarter · move any date to April, September, or December · swap any format

Q1

January

A new-year reset for the first busy weeks back.

The Office Reset

Q2

May

Mental Health Awareness Month, the flagship date.

Sound bath

Q3

August

National Wellness Month, before fall ramps up.

Walking Reset or Lounge

Q4

October 4–8

World Mental Health Day week.

Sound bath or Lounge

Pick a format for each date

Sound bath & guided relaxation

\$1,200

Live bowls and gong · up to 20 per session

The Office Reset

\$900

Chair yoga and guided meditation · 45 min · up to 20

The Walking Reset

\$900

Headphone-guided walk for campuses and trails

Wellness Reset Lounge

\$1,250

Drop-in pop-up · \$2,500 for 4 hours

Two-room wellness day

\$3,600

Eight sessions, two facilitators, one day

- ✓ Published prices for every event
- ✓ 10% off when all four dates are booked up front
- ✓ One invoice per quarter, NET-30
- ✓ Itemized invoices you can submit for carrier wellness funds, where your plan has them

EXAMPLE CALENDAR

Office Reset, sound bath, 2-hour Lounge, sound bath

~~\$4,550~~ **\$4,095 for the year**

About \$1,024 a quarter, or \$3.40 per employee per month for a team of 100.

SIMPLE TERMS

- Dates are locked when you sign
- One free reschedule per event with 14+ days' notice
- Inside 14 days, the event is billed or moved to a live online session
- Unused events don't roll into 2028

INCLUDED WITH EVERY EVENT

- Turnkey setup and teardown
- Announcement email, poster, and calendar invite copy
- A short post-event pulse and attendance count
- A year-end recap for leadership

Hold your *2027 dates*.

Reply with your headcount and preferred months. A scoped calendar comes back within one business day.

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