CHAKRA HOURS

FOR BENEFITS BROKERS & CONSULTANTS
DALLAS-FORT WORTH ONSITE · LIVE ONLINE NATIONWIDE

THE STRESS AND RESILIENCE PROGRAM

Help your clients put their wellness funds to work on *live stress and resilience sessions.*

Live stress-management education for whole teams, built on The Workday Reset Method™: sound baths with live musicians, guided breathwork, chair yoga, and our pop-up Wellness Reset Lounge. Onsite across Dallas-Fort Worth, live online anywhere in the US.

WHY BROKERS BRING US TO THEIR CLIENTS

- ✓ **Invoices built to carrier fund rules**: dates, participants, cost per employee, itemized
- ✓ **A one-page recap after every event** you can bring to the renewal meeting
- ✓ COI naming your client and W-9 on request
- ✓ **Open to every employee**: onsite events plus live online sessions for remote staff
- ✓ **Published pricing**, NET-30 invoicing, PO welcome
- ✓ Turnkey: we set up, staff, and tear down everything

What to hand your client

Use this year's fund

From $900

ONSITE IN DALLAS-FORT WORTH

- ✓ Office Reset or Walking Reset, $900
- ✓ Live sound bath, $1,200
- ✓ Wellness Reset Lounge, $1,250 for 2 hours
- ✓ Health fairs from $1,250

The Stress and Resilience Program

$8,895 / yr

EXAMPLE · DALLAS-FORT WORTH TEAM

- ✓ 4 dated onsite events (the 2027 Wellness Calendar, 10% off)
- ✓ 12 monthly live online sessions for every employee
- ✓ A recap after every event
- ✓ Invoiced quarterly, NET-30

Live online, nationwide

$4,800 / yr

ZOOM OR TEAMS · ANY LOCATION

- ✓ All 12 sessions of The Workday Reset Method™, live
- ✓ About 30 minutes each, monthly
- ✓ Add the Desk Zen on-demand course from $495 a year

How the wellness fund part works

1. **Check the balance and end date.** Many medical plans include a wellness fund that expires at plan-year end.
2. **Confirm eligibility with the carrier.** Fund rules commonly name stress-management education open to all employees.
3. **We invoice to the carrier's requirements**, and your client submits it for reimbursement.

Each carrier sets its own rules. We never promise reimbursement; we make the paperwork easy.

Cost per employee, per month

EMPLOYEES	PROGRAM	ONLINE ONLY
150	**$4.94**	$2.67
300	**$2.47**	$1.33
500	**$1.48**	$0.80

Program at the $8,895 example; online only at $4,800. Onsite sessions seat about 20; the online sessions reach everyone.

ONE QUESTION FOR YOU

Which of your clients have wellness funds left this plan year? *Send us the team size, location, and plan-year end, and we'll suggest a fit.*

chakrahours.com/procurement-kit#brokers

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Nina Mua, Founder, Chakra Hours

Educational wellbeing, not medical care or therapy.
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