

CHAKRA HOURS

FOR BENEFITS BROKERS & CONSULTANTS

Live *wellbeing experiences* for your clients' teams

Live sound baths with real musicians, guided resets, and a pop-up Wellness Reset Lounge, delivered by our own facilitators. Onsite across Dallas-Fort Worth, live online nationwide.



Who you'd be *recommending*

Certified facilitators and live musicians, based in Dallas. The people who plan your client's event deliver it.



CHRIS, NINA, AND CAROLINE, ONSITE IN DALLAS



FOUNDER & LEAD FACILITATOR

Nina Mua

Creator of The Workday Reset Method™. Plans and leads client events across Dallas-Fort Worth.



SENIOR FACILITATOR

Caroline Besley

RYT-500, teaching since 2012. Leads chair yoga and movement with accessible, beginner-friendly alignment.



SOUND & BREATHWORK FACILITATOR

Chris

Certified sound healer and a musician of 22+ years. Plays the gong, crystal bowls, and live instruments at our sound baths.

Certified facilitators

Fully insured

Women-led, founder-run

What employees *actually* feel

Three signature experiences, all staffed and equipped by us. Every photo here is from a real client event.



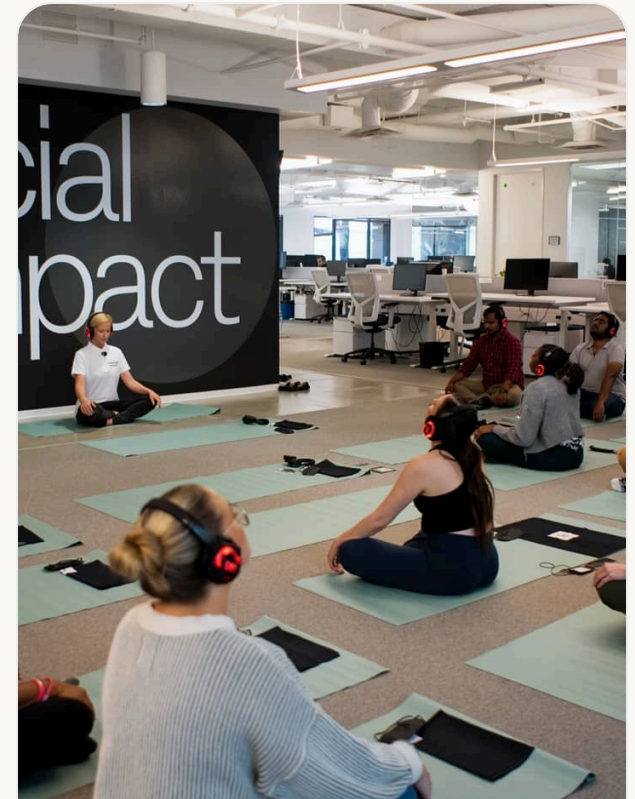
The Wellness Reset Lounge

A pop-up recharge lounge: zero-gravity chairs, red light, headphone meditation, and herbal tea. Drop-in, 10 to 15 minutes per guest, 2 or 4 hours.



Live Sound Baths

Gong, crystal bowls, and live musicians in your client's space. 45 minutes for up to 20 people. The experience clients ask for by name.



Guided Resets

The Office Reset (45 minutes of chair yoga, breathwork, and guided meditation) and the Walking Reset, with one facilitator's voice in every walker's headphones.

Why brokers *recommend us*

Something concrete to bring a client at renewal, with nothing extra for you to manage.

1 A renewal value-add

Dated wellbeing events on your client's HR calendar, planned once for the year. The 2027 Wellness Calendar fits straight into renewal and budget conversations.

2 Simple for compliance

Educational wellbeing, not medical care. No app, no PHI, and no eligibility files. Post-event pulses are anonymous and reported in aggregate.

3 Wellness-fund ready

Itemized invoices your client can submit for carrier wellness funds, where the plan has them. NET-30 with PO welcome, and a COI naming your client.

4 Flat, published pricing

The price on chakrahours.com is the price your client pays. Per event, never per seat, so the budget line stays fixed.

One call to scope.

Turnkey delivery.

Short notice is genuinely fine.

Published *pricing*

Every price below is public on chakrahours.com, so you can share it with a client as-is.

Onsite across DFW

from \$900

The Office Reset

45 minutes · up to 20 · chair yoga, breathwork, meditation

\$900

The Walking Reset

about 30 minutes · up to 20 · headphone-guided walk

\$900

Live sound bath

45 minutes · up to 20 · gong, bowls, live musicians

\$1,200

Wellness Reset Lounge

drop-in pop-up · 2 hours, or \$2,500 for 4 hours

\$1,250

Employee wellness day

two rooms · eight sessions · two facilitators

\$3,600

Silent Reset, team building, full days

larger groups and custom formats

Quoted

Health fairs

2 or 4 hours

The Reset Lounge Fair

2 hours · 2 facilitators · drop-in Lounge

\$1,250

The Signature Reset Fair

4 hours · Lounge + one station · Impact Recap

\$4,500

Add-on stations

chair yoga · mini sound bath · breathwork bar

from \$900

Live online

Zoom or Teams

Single Session

one live 30-minute session

\$695

Quarterly Reset

4 sessions in one quarter, renew only if it worked

\$2,400

The Full Curriculum

all 12 sessions, monthly or weekly

\$4,800

The 2027 Wellness *Calendar*

A fixed annual line your client approves once: four dated onsite events on the dates their people care about.

FOR 2027 BUDGET SEASON

Published prices, 10% off when all four dates are booked up front, and one NET-30 invoice per quarter.

Dates lock at signing. One free reschedule per event with 14 or more days' notice.

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

\$4,095

An example year: Office Reset, sound bath, 2-hour Lounge, sound bath (\$4,550 at list).
About \$3.40 per employee per month for a team of 100.

chakrahours.com/downloads/chakra-hours-2027-wellness-calendar.pdf

Q1 • January

\$900

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

FLAGSHIP DATE

Q2 • May

\$1,200

Sound bath for Mental Health Awareness Month.

Q3 • August

from \$900

Walking Reset or Lounge for National Wellness Month, before fall ramps up.

Q4 • October 4 to 8

from \$1,200

Sound bath or Lounge for World Mental Health Day week.

Proof your clients can *check*

5.0

on Google

21 reviews (October 2026), linked from chakrahours.com



Delivered onsite for a **national manufacturing company**, a **global law firm**, and the **Dallas Zoo**.

Rebooked: a global software company brought us back a year after its first onsite session.

Delivery-based performance guarantees, in writing on every booking.

[WATCH A LIVE SESSION](#)

chakrahours.com/corporate-sound-healing-sessions-in-dallas



ONSITE AT THE DALLAS ZOO

Guarantees, *in writing*

Every booking comes with written performance guarantees, so your client knows exactly what to expect.



- 1 Your date is locked**
Once confirmed, the date is held for your client, with a qualified facilitator ready for every event.
- 2 Ready before start time**
Facilitators arrive early, and every station opens at the time set in the run-of-show.
- 3 Delivered as agreed**
Stations, facilitators, formats, and durations match the run-of-show your client approved.
- 4 Always live**
Every session is performed live by a qualified facilitator, in the room or on the call.

The full **Performance Guarantees** document is part of every booking confirmation: chakrahours.com/downloads/chakra-hours-performance-guarantees.pdf

Booking is *one call*

1 One call to scope

Tell us headcount, site, and dates. A formal quote comes back the same day.

2 We arrive with everything

Turnkey setup, staffing, and teardown. Short notice is genuinely fine.

3 Paperwork in one email

COI naming your client, W-9, and NET-30 invoicing with PO welcome.

When a client comes to mind, introduce us by email with their team size, location, and timing, *and we'll suggest a format that fits.*

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Nina Mua, Founder · 469-712-4450 · chakrahours.com
Restorative wellbeing experiences, not medical care.



NINA MUA, FOUNDER