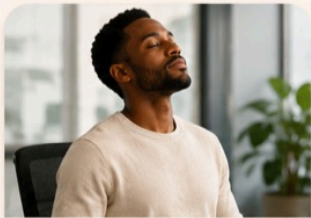


CORPORATE WELLBEING PRICING

Pricing, *in the open.*

Live wellbeing sessions for your team, on Zoom or Microsoft Teams, or onsite in Dallas-Fort Worth. Every package is flat-rate per event and includes a pre and post Workday Wellbeing Audit, a Tools Card and Manager Toolkit each session, and recordings.

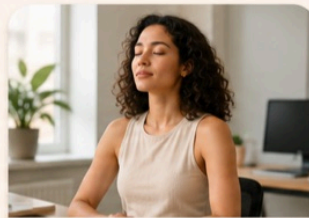
Choose a Wellness Lesson



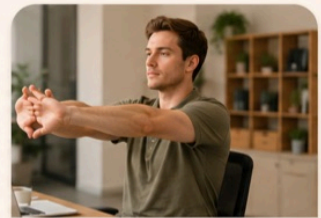
Reset & Breathe



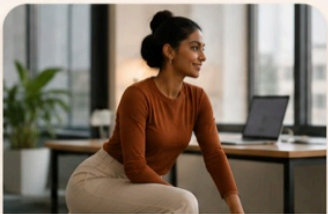
Neck + Shoulders



Mindful Middy



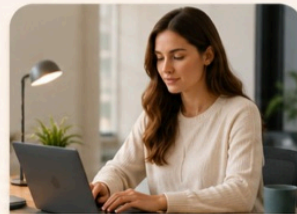
Chair Stretch Session



Mobility Break



Resilience Reset



Calm Focus



PACKAGE	PRICE	PER SESSION	BEST FOR
Intro Session New clients	\$395	\$395	A first live session for teams new to Chakra Hours, one per company
Single Session	\$695	\$695	A one-time wellbeing moment for an awareness day or employee appreciation
4-Session Series	\$2,400	\$600	A focused one-month series for an awareness month or team reset
8-Session Curriculum Most booked	\$3,800	\$475	The core Workday Wellbeing Curriculum for a quarterly campaign

PACKAGE	PRICE	PER SESSION	BEST FOR
Year-Round Program Annual, billed monthly	\$1,200 per month	\$600	Two live 30-minute sessions a month, 24 a year, for a steady rhythm

THE ANNUAL PROGRAM

Year-Round Program, \$1,200 per month. Two live 30-minute sessions every month, 24 over the year, billed monthly across a 12-month program (\$14,400 total). Includes an annual wellbeing theme calendar, all four modules, a mid-year checkpoint, and a post-program annual outcome report.

PACK-TO-PROGRAM UPGRADE CREDIT

Finish a class pack and decide to move into the annual program? We credit 50% of your pack fee, up to \$1,200, toward your first program year, when you commit within 30 days of completing your pack.

BUILT FOR PROCUREMENT

- ✓ Flat per-event pricing, not per-seat. One predictable line item, up to 200 attendees per session.
- ✓ W-9, Certificate of Insurance, and a standard Master Services Agreement available on request.
- ✓ NET-30 invoicing available on class packs; card payments processed securely by Stripe.

Request a quote: info@chakrahours.com · 469-712-4450 · 5301 Alpha Rd Suite 80, Dallas, TX 75240