

CHOPRA CENTER CORPORATE WELLNESS



Renew your mind and body, ignite your team's creativity, and unleash your organization's potential for success.

As a world-renowned leader in the field of mind-body health and wellness, the Chopra Center in Carlsbad, CA has empowered thousands of individuals, groups, and businesses to achieve greater wellbeing and tap into their highest potential for creativity, vitality, and success.

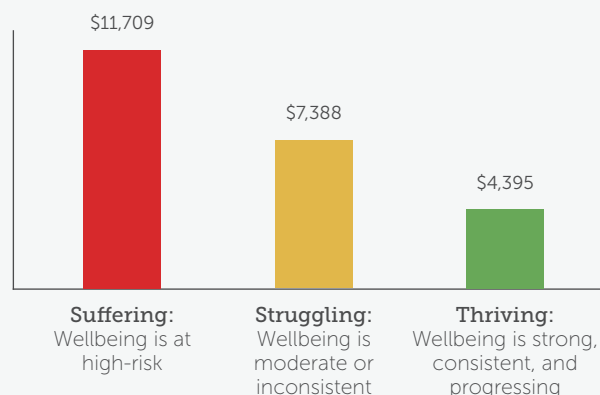
The lifestyle tools we teach help people reduce stress, focus better and connect with those around them. Our customized approach to each individual we service combines modern science, ancient but accessible teachings, and practical applications that can easily be integrated into your company culture long-term.

When you bring your team to the Chopra Center, they'll experience:

- **Personalized Ayurvedic massage treatments** using herbal-infused oils, aromas, and massage techniques to balance the mind, body, and spirit.
- **All-day spa access** at the world-renowned Omni La Costa Resort and Spa.
- Practical tools to effectively **manage stress and balance work-life overload**, reducing their negative effects on the mind and body.
- **Delicious and nourishing Ayurvedic meals**, prepared by award-winning chefs at the luxurious Omni La Costa Spa & Resort.
- **Yoga & meditation classes** led by Chopra Center master instructors.

- **A private tour** of the world-renowned Chopra Center facilities.

THE ECONOMICS OF WELLBEING



Employees who are thriving in overall wellbeing have 41% lower health-related costs compared with employees who are struggling, and 62% lower costs compared with employees who are suffering.

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We offer 3 different customizable packages that can work for any group.

CHOPRA CENTER WELLNESS 1-DAY EXCURSION

Experience holistic mind-body balancing techniques the Chopra Center with our 1-day *Wellness Excursion* package. Throughout the day you'll learn stress-relieving and creativity-enhancing tools through an introduction to meditation, experience all-level yoga, and learn what food is best for your unique body type.

Our 1-day *Wellness Excursion* option can include a combination of the following:

- Tour of the Chopra Center
- Introduction to Meditation (class)
- Instruction in Yoga (class)
- Holistic nutrition (class)
- Ayurvedic Lunch
- Ayurvedic Massage
- Day Spa Access (Steam room, Sauna, Hot Tub, Spa pool, etc.)

2- OR 3-DAY CHOPRA CENTER WELLNESS INCENTIVE TRIP

Inspiring your team is vital to the long-term success of your business. Our *Wellness Incentive* package offers the opportunity to create a unique experience your top-performing employees won't forget.

Our 2- or 3-Day Chopra Center *Wellness Incentive Trip* can include combination of the following:

- Tour of the Chopra Center
- Introduction to an Ayurvedic Lifestyle (Class)
- Benefits of Massage (Class)
- Nutrition (Class)
- Introduction to Meditation (Class)
- How to Incorporate Meditation into Your Daily Life (Class)
- Deepak Chopra's 7 Laws of Success (Class)
- Daily Yoga Classes (1-2x day)
- Daily Group Meditation Sessions

- Daily Ayurvedic Meals
- Daily Ayurvedic Massages
- Daily Day Spa Access (Steam room, Sauna, Hot Tub, Spa pool, etc.)
- Round of Golf at Omni La Costa Golf Course
- Lifetime access to select online courses for at-home integration

3- OR 4-DAY TEAM BUILDING CHOPRA CENTER WELLNESS WORKSHOP

Experience both luxury and health at our *Team Building Wellness Workshop*.

With our *Team Building Workshop* you'll experience a host of benefits, from simple techniques to manage stress, tools for greater work-life balance, purposeful communication, and increased productivity. Investing in workplace wellness will not only benefit each individual employee but ultimately the success of the company.

Our 3 or 4-Day *Team Building Wellness Workshop* can include combination of the following:

- Introduction to an Ayurvedic Lifestyle (Class)
- Intro to Meditation (Class)
- Nutrition (Class)
- Coaching Principles (Class)
- Improved Sleep (Class)
- Stress Management (Class)
- Understanding Your Dosha (Class)
- How to Incorporate Meditation into Your Daily Life (Class)
- Deepak Chopra's 7 Laws of Success (Class)
- Daily Yoga Classes (1-2x day)
- Daily Group Meditation Sessions
- Daily Ayurvedic Meals
- Lifetime access to select online courses for at-home integration

Upon request, we can provide transportation, hotel accommodations, off-site excursions, and customize any of the above offerings for extended or abbreviated periods of time.

