



Give your employees the gift of wellness.

STRETCH & SOUND BATH

Benefits for Employees

- Helps relieve physical tension from prolonged sitting or standing
- Supports stress reduction & relaxation
- Alleviates body pain and tightness
- Supports the immune system
- Encourages improved focus & mental clarity
- Promotes mindfulness & emotional well-being
- Provides an opportunity to recharge and reset
- Supports improved breathing mobility, flexibility, and mind-body awareness



Jennifer Limvorratre,
Certified Pilates Instructor

Benefits for Employers

- Demonstrates a commitment to employee wellness
- Encourages a positive, supportive workplace culture
- A valuable addition to employee wellness benefits
- May help employees return to work feeling refreshed and focused
- Offers a meaningful break from daily workplace stress
- No prior experience necessary. Sessions are beginner-friendly, adaptable to different mobility levels, and designed to make relaxation accessible to everyone.



Let's work together to enhance your team's health and well-being!

30 & 45 minute sessions available unlimited participants weekly sessions recommended

Welcome@SoulLedMovement.com