



60-minute experience led by a certified yoga instructor who will work with you and your group to customize the practice with a focus on intention, breath, and movement.

EXPERIENCE AGENDA (60min)

- **5min** - Welcome from LMH + overview of event
- **40min** - Yoga flow, modified for all fitness levels and experience. A focus on the breath and accessible positions will relax and ground you.
- **10min** - Guided meditation, with a focus on stress relief and mindfulness.
- **5min** - Wrap-up, group photo + thank you!

We love to work with our clients to create custom agendas. Looking for something different than what you see here? Reach out to the LMH team to start planning.



Things to Note

- Consider adding on a home delivery to elevate your event - yoga mats + blocks, or a refreshing cocktail kit to enjoy during the cool-down are our most popular!



10-100 participants



90 minute version available

Hybrid option available

HERE'S HOW IT WORKS

Works



All events are **staffed** with experienced member(s) of the LMH team.



Group sizes range from 10-200+ depending on experience type.



Home delivery options are available for all experiences. *Please note, some experiences require a home delivery.*



Looking to **add on games, trivia or live music**? Hoping to **add your content** onto an existing agenda? We'd love to help you plan a **completely custom experience**.



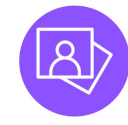
All of our **vendor partners are well vetted** by the LMH team and are the best in their industry.



Some experiences are designed for **active, competitive groups** - keep an eye out for the dancing logo!



Many of our experiences have a **hybrid option** - a great way to keep your team connected, no matter where they are located.



All experiences include a **post-event photo montage**, complete with your company logo.





Our Promise to
GIVE BACK

LMH Experiences is proud to make a donation for each event we execute to an organization who is making a difference in our communities. As a small business, we are grateful for the opportunity to give back where we can.



At LMH, our mission is to connect people through exceptional shared experiences. We are thrilled for the opportunity to partner with you to bring our virtual events to life - as we unite and excite attendees, no matter where they are located. We can't wait to dive in and get started.

Lauren + Mary

Lauren McSorley + Mary Hanna
Co-Founders, LMH Experiences