

## WELLNESS WORKSHOPS



*Mental and physical health is so important now more than ever. Treat your team to a workshop that walks them through how to improve their wellbeing.*

### **EXPERIENCE AGENDA (60min)**

- **5min** - Welcome from LMH + overview of event
- **20min** - Active seated yoga for all levels
- **30min** - Guided visual meditation
- **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 - A digital detox kit or journaling set.



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.



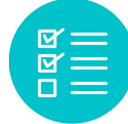
**Group sizes** range from 10-200+ depending on experience type.



**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.





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