

THE ART OF SPIRIT·MIND·BODY

CORPORATE WELLNESS

REDEFINE CORPORATE WELLNESS

BUILD A BETTER ORGANIZATION

Invest in your employees and keep them HEALTHY and HAPPY with Dr. Sachi, and her enlightening, revitalizing, and *transformational* Corporate Wellness programs focused on preventative medicine, stress management, lifestyle and nutritional counseling, and healing for optimal health and well-being.

These mini workshops and programs incorporate evidence-backed techniques, ancient wisdom and empowering tips to improve well-being and productivity, decrease stress, and increase calm.

ON-SITE ACUPUNCTURE

Decrease employees' stress, repetitive use injuries (cellphone & computers anyone?), and increase well-being without leaving the office! Dr. Sachi comes to your office and treats as many people as possible without rush or compromise.

How it Works: You choose how often (1x a week/month/quarter/year) and for how long (at least an hour). Employees can sign-up or "drop in." Dr. Sachi can see 2 people an hour for acupuncture treatments.

Cost: \$300 an hour / (1 hour minimum)

TALKS, LECTURES, AND LUNCH & LEARNS

- CHAIR YOGA / TAI CHI WALKING / BREATHING EXERCISES
- HERBS FOR HEALTH: ANCIENT REMEDIES, CURES & CARE
- MEDITATION & MINDFULNESS CLASSES & INSTRUCTION
- DETOX WITH PURPOSE
- SEASONAL CARE

All Workshops include Handouts for participants

Cost: \$400 per class, unlimited people / **ALL 5:** \$1875; **Longer Talks / Lectures:** Call for price & timing options.

PERSONALIZED "PRESCRIPTION" PROGRAMS AVAILABLE

ANCIENT WISDOM. MODERN HEALTH.



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Dr. Sachi is a Primary Health Care Practitioner, Lecturer, & Counselor rooted in natural, holistic & spiritual care of the entire being - body / mind / emotion / spirit for 40 years. She is Nationally Board Certified in Chinese Medicine, a Doctor of Oriental medicine, and an Acupuncture Physician. Sachi has facilitated countless workshops, classes, lectures & retreats in the US, Europe, Asia & the Caribbean.



The greatest medicine of all is teaching people how not to need it.

— Hippocrates

BE WELL / WORK WELL

- Prevent Burnout
- Reduce Stress
- Improve Health & Well-being
- Increase Energy & Vitality
- Calmness, Clarity & Focus

Wellness techniques and practical take-away tools rooted in science that help reduce stress and anxiety, and enhance well-being.

