

Marianne Stenhouse, LCSW, OSW-C, RMT



Presenting:

A Short Trip To La La Land - A self-care workshop for you and your employees.

1 hour mindfulness workshop: providing a relaxing and rejuvenating experience. You will learn useful skills that can help you cope with daily stress at home or at work.

- Learn how to use aromatherapy, mindfulness, guided imagery, music and positive thinking to de-stress and relax.
- Your staff will appreciate that you place value on their work/life balance.
- All you need is a conference room, I will bring the rest.
- Perfect for lunch breaks, team building events or business retreats.

To Schedule call Marianne @ 720-564-6283

Fees: \$250/ hour for up to 10 people. Add \$15/each individual person after 10. Maximum per session is 20 participants. Includes: use of aromatherapy, fruit, bottled water, and professionally facilitated sessions.

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