



BE YOUR OWN GURU WELLNESS CENTER

Breckenridge

Ear Acupuncture | Breathwork | Sound Baths | Yoga | Reiki | Creative Writing
Intuition Practice | Financial Wellness | Healthy Eating | and more...

We believe that **you are your best teacher**. We are here to hold space & provide support as you discover your most **authentic, aligned self**.

Business Wellness Memberships

With a Business Wellness Membership, **your employees are empowered to decide** how to best **take care of themselves** at the **times that work best for them**.

Members are welcome to drop-in to any of our group sessions, whether that be **acudetox** (a destressing **ear acupuncture** technique), **yoga**, a **soundbath** experience, **meditation** practice, a **creative writing** class, or even a **financial wellness** session. With **10 – 20 sessions per week** to choose from, your employees are sure to find something that they'll like.

Be Your Own Guru Wellness Center | 411 S Main Street #22; Breckenridge
970-771-3759 | BYOGwellness@gmail.com



Group Session Options

We offer classes 5-6 days/week and have morning, afternoon, and evening options.

Group Ear Acupuncture

Our signature service is a 5 point ear acupuncture technique designed to help release the stress and tension that we physically hold on to in our bodies. Softening this tension can help us to be more present, which can help us to make more aligned choices in our daily lives. Improved sleep is one of the most commonly reported benefits.

Breathwork Sessions

Practicing controlled breathing techniques can balance blood pressure, improve immune system functioning, decrease stress hormones, increase mental focus, reduce feelings of depression and anxiety, and strengthen respiratory functioning.

Sound Baths

Sound baths use vibrations and frequency from instruments such as crystal bowls, tuning forks, and gongs to help us relax into a meditative brain wave state. From that state it is easier for our body's natural healing processes to take over. Sound baths may lower levels of anxiety, depression, anger and even physical pain.

Yoga Style Movement

Offered in a variety of styles, we offer movement classes in order to help us care for our physical wellness. Classes will often include isometric strength building techniques as well as softening flexibility focused poses.

Creative Writing

Creative writing encourages people to choose their words, metaphors and images in a way that really captures what they're trying to convey. This creative decision-making can lead to increased self-awareness and self-esteem as well as improved mental health.

Intuition Practice

We offer a variety of modalities to help clients connect with their intuition. Developing a language of communication with our intuition may enhance creativity, increase self-knowledge, and strengthen decision making abilities.

Financial Wellness

Whether they are money mindset focused sessions or practical budgeting skills, we believe that financial wellness is an important component to our overall health.

Healthy Eating

Learn ways to prepare simple, whole foods that are designed to fuel your body.

And more...

We work with a network of local wellness practitioners and regularly add new workshops to the schedule.

SAMPLE Winter Schedule

Our 2022-2023 winter schedule is still being finalized.
A typical week may look something like...

Monday

9:45 – 10:30am: Breathwork and Meditation 101

10:45 – 11:45am: Establishing Healthy Eating Habits

12:00 – 1:00pm: Group Ear Acupuncture & Guided Meditation

6:00 – 7:30pm: Monthly Book Club

Tuesday

Closed

Wednesday

5:00 – 6:00pm: Group Ear Acupuncture & Guided Meditation

6:15 – 7:15pm: Creative Journaling for Healing

Thursday

8:45 – 9:45am: Budgeting 101

10:00 – 11:00am: Gentle Yoga & Subtle Body Awareness

4:45 – 5:45pm: Kundalini Yoga

6:00 – 7:15pm: Group Ear Acupuncture & Sound Bath

Friday

8:00 – 9:00am: Gut Feeling: Connecting with your own intuitive power

4:30 – 5:30pm: Après Slow Flow Yoga

5:45 – 7:00pm: Group Ear Acupuncture & Sound Bath

Saturday

10:00 – 11:00am: Group Ear Acupuncture w/ Reiki

Sunday

8:00 – 9:00am: Qigong

6:00 – 7:30pm: Full Moon Yin Yoga and Group Ear Acupuncture

All group sessions are included in our Business Wellness Memberships. We are happy to accommodate special requests if there is a particular date/time that works best for your staff.

The Value of a Business Wellness Membership

Improve employee retention with regular, positive teambuilding activities.

Combat employee burnout with a variety of rejuvenation options.

Offer options for your employees to take better care of themselves, so that they can take better care of your customers.

Improve morale and employee engagement.

Increase productivity and teamwork.

Support local: We are a local business dedicated to supporting the wellness of those that live and work here.

Support community wellness: Healthy and happy community members ultimately makes for a better guest experience for our visitors.

Pricing

To offer the most **flexibility** to our business members, we offer **shared punch passes** that may be **distributed amongst your employees as you see fit.**

Our sessions often include multiple practitioners and incorporate premium upgrades such as acupuncture and reiki. A single drop-in at Be Your Own Guru Wellness Center is \$35. Shareable punch passes reduce the per session fee.

**20 Session
Punch Pass**

\$660
(\$33/session)

**50 Session
Punch Pass**

\$1575
(\$31.50/session)

**100 Session
Punch Pass**

\$2800
(\$28/session)

**200 Session
Punch Pass**

\$5000
(\$25/session)

**500 Session
Punch Pass**

\$11000
(\$22/session)

Passes expire 1 year after date of purchase.

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For more information, contact...

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