

The Wine Zen

Pour calm into your culture



Wellness belongs at work

The Wine Zen's corporate wellness program uses science-backed movement and mental health practices to alleviate burnout, support a joyful work environment, prioritize office physical health, and build team unity.

Meet your Wellness Ambassador

Camille, founder of The Wine Zen, is an RYT 200–certified yoga instructor and WSET 3–certified sommelier bringing wellness and joy into the workplace through accessible, inclusive experiences that help teams feel good and work better.

Problems we solve

- 1 The decline in productivity caused by uninterrupted screentime
- 2 The strain on the body caused by sitting all day
- 3 Absenteeism and a lack of desire to show up
- 4 The lack of access to holistic movement and mental health tools

Benefits we bring

- ✓ A commitment to wellness establishes your organization as a desirable place to work
- ✓ Solve the problem of burnout, anxiety, and stress proactively, gaining the trust and loyalty of your employees
- ✓ Provide inclusive movement for every body, from the pregnant mom to the senior who needs a chair for support

Our Packages

Try it

A 4-week wellness series featuring 1-hour movement and mindfulness sessions designed for decompression, stress relief, and a joyfully productive work day to follow.

**Starting from
\$1,000**

Buy it

An 8-week wellness series that is uniquely curated to the office culture, supporting your team's specific needs. Journaling for mental health support included.

**Starting from
\$2,500**

Live it

A 12-week wellness series including movement, mindfulness, journaling, and three community circle sessions designed for improved and empowered teamwork.

**Starting from
\$3,500**

Summer Fridays are calling!

The Wine Zen's signature Sip & Flow embodies the slogan, "start with yoga, end with wine," inviting your team to decompress with a mindful flow, then end the day with a curated and educational wine tasting. Team building never felt (or tasted) so good! Non-alcoholic wine available upon request. \$700 for up to a team of 20



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