CORPORATE MENTAL HEALTH & TEAM BONDING PROGRAM

THE GOLDEN LOTUS

HEAL • TRANSFORM • EMPOWER

INVEST IN YOUR TEAM & STRENGTHEN YOUR BUSINESS.
3-Hour Corporate Wellness & Team Engagement Experience
Designed to help organizations create a more engaged, connected and productive workplace.

Chakra Healing • Breathwork • Meditation • Movement • Team Engagement

THE CORPORATE CHALLENGE

YOUR TEAM'S ENERGY IMPACTS YOUR BUSINESS.

1

Over time, This can Impact :

- Team energy and engagement
- Focus and productivity
- Communication
- Collaboration
- Workplace morale
- Employee experience







THE OPPORTUNITY

Give your team a structured experience that helps them pause, reconnect and return to work refreshed.

THE BUSINESS SOLUTION

ONE SESSION
MULTIPLE ORGANIZATIONAL OUTCOMES.





2

The Golden Lotus combines wellness and team engagement to create a workplace experience focused on :

RESET
Create a break from continuous work pressure.

RECONNECT
Strengthen interaction beyond everyday work tasks.

RE-ENERGIZE
Bring fresh energy into the team environment.

RESULT
A more positive, connected and engaged team environment.

WELLNESS TO BUSINESS GROWTH

3



RELAXED MIND. BETTER PERFORMANCE.
STRONGER BUSINESS

Relax & Reset
↓
More Energy & Focus
↓
Better Work Performance
↓
Higher Team Productivity
↓
Better Sales & Business Outcomes
↓
COMPANY GROWTH

When your people perform better, your business moves forward.

4



KEY BUSINESS BENEFITS

WHAT CAN THIS DO FOR YOUR TEAM?

BETTER FOCUS
A structured reset can help employees return with renewed attention.

STRONGER COLLABORATION
Shared experiences create opportunities for teams to connect differently.

BETTER COMMUNICATION
Interactive activities encourage participation and open interaction.

HIGHER ENGAGEMENT
An experiential format keeps employees involved throughout the session.

POSITIVE WORKPLACE CULTURE
Shows employees that their overall workplace experience matters.

FRESH ENERGY
Movement, mindfulness and group activities create a refreshing team environment.

5



TEAM PERFORMANCE

TURN A TEAM ACTIVITY INTO A TEAM ADVANTAGE.

INDIVIDUAL RESET
↓
BETTER ENERGY
↓
MORE ENGAGEMENT
↓
STRONGER TEAM INTERACTION
↓
BETTER COLLABORATION
↓
STRONGER TEAM PERFORMANCE

THE BUSINESS IDEA

When teams get the opportunity to reset and reconnect, organizations can create better conditions for effective collaboration and performance.



WHY THIS IS DIFFERENT ?

NOT ANOTHER CORPORATE ACTIVITY.
Most corporate activities are designed simply to entertain employees

The Golden Lotus combines

- WELLNESS + ENGAGEMENT + TEAM CONNECTION
- Employees don't just attend.
- They breathe. Move. Participate. Connect. Reflect. for the company.

A meaningful employee engagement initiative that can be integrated into:
Wellness Days | Team Building | Offsites | Employee Engagement Programs | Workplace Initiatives

THE 3-HOUR EXPERIENCE

A STRUCTURED EXPERIENCE FOR YOUR TEAM

8

00:00 – 00:20
Welcome & Introduction

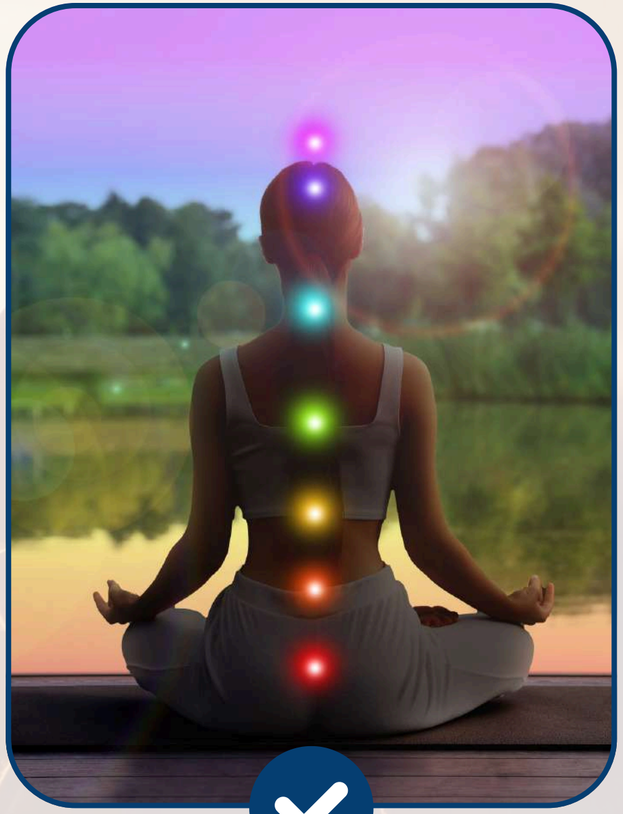
00:20 – 00:50
Breathwork & Mindfulness

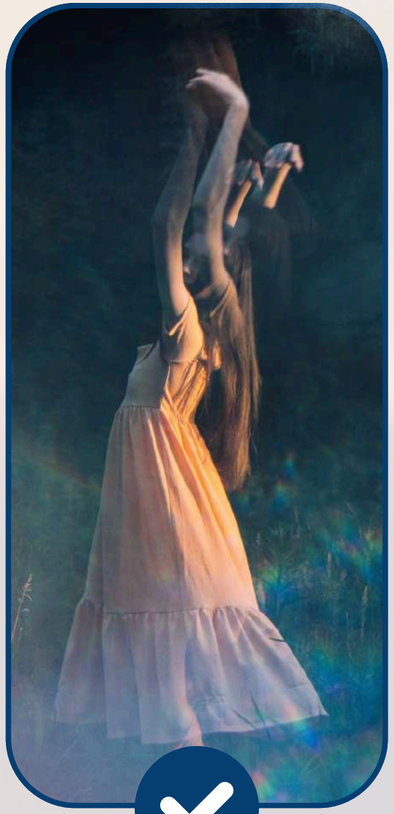
00:50 – 01:30
Chakra Awareness & Healing

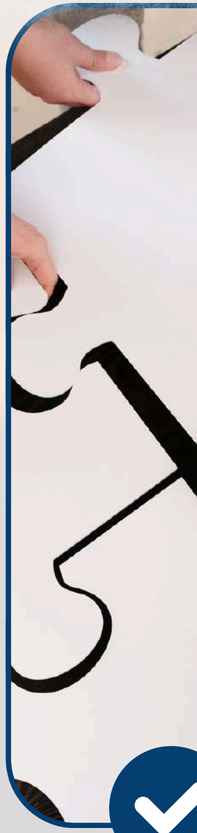
01:30 – 02:00
Dance Meditation

02:00 – 02:40
Interactive Team Activities

02:40 – 03:00
Q&A • Reflection • Closing







3 HOURS TO RESET YOUR TEAM'S ENERGY.



WHAT MAKES IT VALUABLE FOR HR & MANAGEMENT

A WELLNESS INITIATIVE WITH MULTIPLE TOUCHPOINTS

FOR HR

A structured employee engagement initiative that can support workplace wellness and team connection.

FOR MANAGEMENT

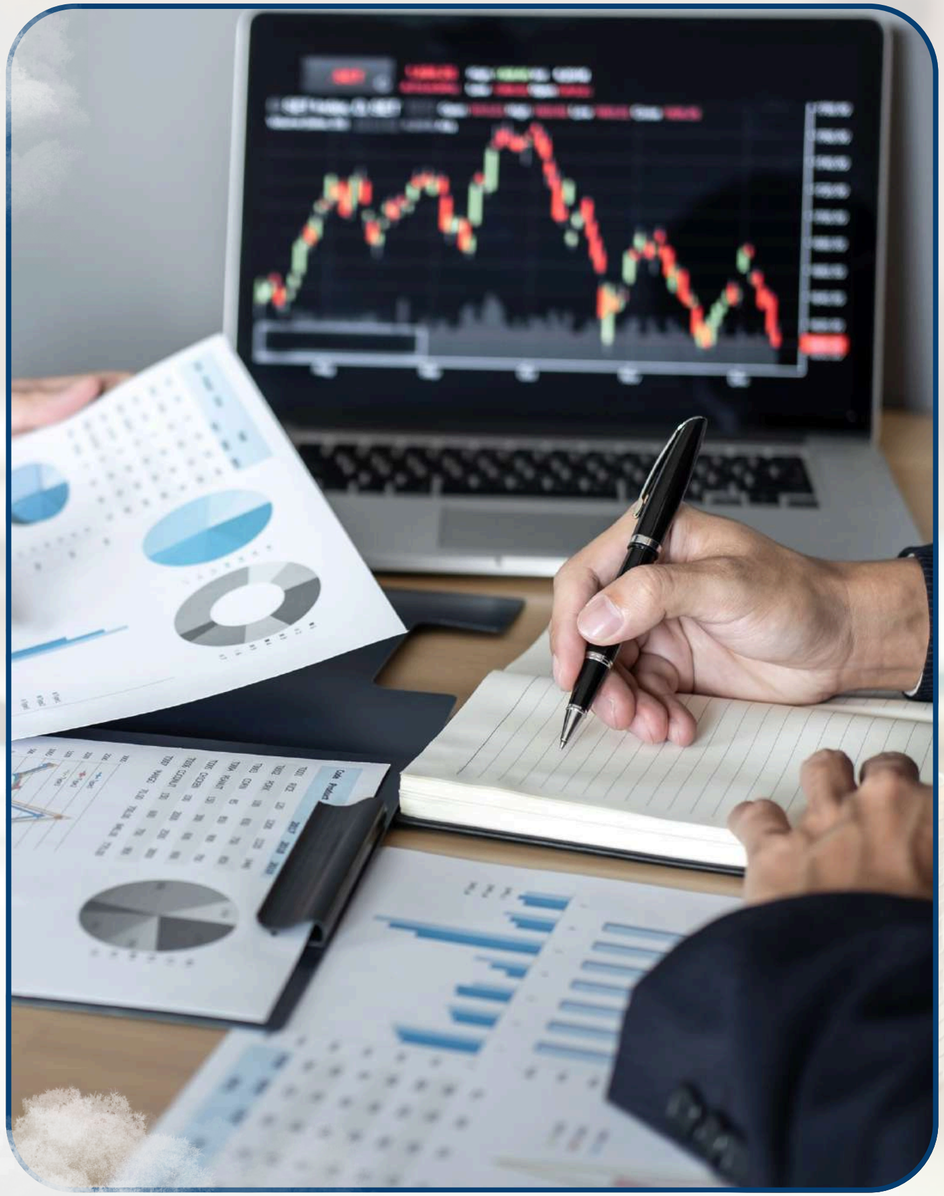
An opportunity to create a more positive and collaborative team environment.

FOR EMPLOYEES

A refreshing experience away from routine work pressure.

FOR THE ORGANIZATION

A stronger focus on people experience, engagement and team culture



CORPORATE INVESTMENT

ONE INVESTMENT. YOUR WHOLE TEAM.

TEAM SIZE| CORPORATE PACKAGE
Up to 25 Participants| ₹29,999
26–50 Participants| ₹49,999
51+ Participants| ₹69,999

Includes:
Complete 3-Hour Corporate Wellness & Team Engagement Experience

INDIVIDUAL VALUE

₹5,000 / person

CORPORATE ADVANTAGE

A dedicated group experience at a structured corporate package price.

WHY THE GOLDEN LOTUS?

GIVE YOUR TEAM SOMETHING THEY'LL ACTUALLY EXPERIENCE

EXPERIENTIAL

Not just presentations or lectures.

INTERACTIVE

Employees actively participate.

TEAM-FOCUSED

Designed to encourage connection and collaboration.

STRUCTURED

A complete 3-hour professionally designed experience.

VERSATILE

Suitable for offices, teams, offsites and corporate events.

ONE PROGRAM

WELLNESS + ENGAGEMENT + TEAM CONNECTION









YOUR TEAM DRIVES YOUR BUSINESS.

Create an environment where your people can :

PAUSE. BREATHE. CONNECT. RESET.

And bring that renewed energy back to work.

BRING THE GOLDEN LOTUS EXPERIENCE TO YOUR ORGANIZATION.

THE GOLDEN LOTUS
Corporate Wellness & Team Engagement Program

3 Hours | Experiential | Interactive | Team-Focused

Contact Us

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