

WORKPLACE WELLNESS

Constellation Acupuncture & Healing Arts



Group Acupuncture -
Community Breathwork

Yoga Classes -
Educational Workshops

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BRINGING CARE TO YOUR COMMUNITY

Let us help you cultivate a culture of health and wellness in your organization and bring more care into your workplace. Our workplace wellness services are here to help you elevate your workplace environment with educational and hands-on services that support your employees as the whole humans they are. The customizable offerings we create encourage more engagement within your staff and improve the overall stress level of the workplace.



BE WELL

HOW WE HELP

We can educate your team on actionable health and wellness self-care behaviors. Our on site yoga or breathwork programs can promote improved physical and emotional wellbeing and foster mindfulness in the workplace. Stress management treatments such as acupuncture, cupping, and massage can improve resilience, creativity, and productivity, on your team.



Read on for a detailed list of services we currently offer and reach out to meet with us in person and get more details.

We look forward to getting to know you and working with you!

ON-SITE

Workplace Wellness

Our in-person wellness services bring our healing hands to your team members, on-site for your convenience. Classes can be adjusted to meet your unique set of needs and group size. On-site rates begin at \$500.



Group Acupuncture



Yoga Classes



Community Breathwork



Tarot Readings

ONLINE

Workplace Wellness

Many of our educational classes and workshops can also be delivered just as easily online via Zoom for increased accessibility depending on your organization's needs. Online class rates begin at \$250. A few examples:



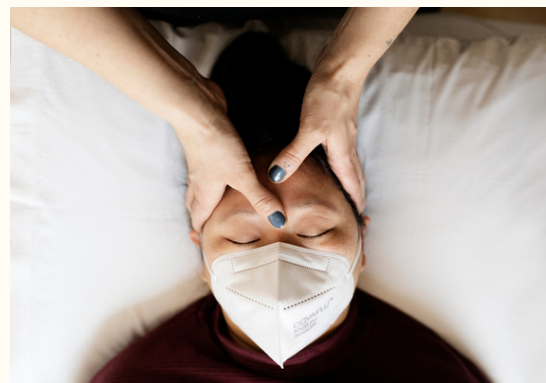
Intro to Acupressure



DIY Fire Cider



Self-Care for Creatives



Seasonal Wellness

HOW TO WORK WITH US

STEP ONE	
CONNECT	Reach out to our Community Director and Clinic Co-owner, Amy Kuretsky, L.Ac via email at amy@constellationacu.com
STEP TWO	
CREATE	Together, we will create a unique workplace wellness offering that best fits the needs of your community members - and your budget.
STEP THREE	
COMMENCE	We'll take it from there. Wether it's bringing yoga blankets to your office space or emailing the class workbooks to your students ahead of time - we'll take care of the rest.