



# Corporate Wellness

In Person & Virtual Sessions

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- Inspire higher team productivity
- Decrease stress and increase creativity
- Improve longevity & overall wellness
- Fuel a thriving company culture

[skylar@skylartemplesinger.com](mailto:skylar@skylartemplesinger.com)



# Skylar Temple Singer

Sound Ceremonialist & Community Leader



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Skylar Temple Singer is a sound healer, yoga instructor, podcast host, and community leader.

Healing with sound now for four years, Skylar has guided hundreds of beings through sacred soul journeys, including high performing corporate teams like Salesforce, Tesla, and Avant Stay. She has also taught yoga for over five years at studios like CorePower Yoga and Yoga Six and as a private yoga instructor bringing families, corporate teams, bridal showers, and many more together.

Skylar uses instruments like crystal sound bowls, chimes, gongs, ocean drum, and her angelic singing voice along with crystal-clear channeled meditations to guide you in your experience.

The sanctuary Skylar creates for others gives them the space to deeply relax, and liberate themselves from stress. Skylar, your corporate sound healer, is here to guide you towards profound relaxation, enhanced focus, and inner balance in your meditations.

[skylar@skylartemplesinger.com](mailto:skylar@skylartemplesinger.com)



## ***Sound Healing***

Sound healing meditations reset the nervous system, improve focus, and bring deep relaxation. Practiced laying down.

**\$500 | 30, 45 or 60 min**

## ***Breathwork***

Gentle to active breathing techniques are shared to balance both hemispheres of the brain and relax the body.

**\$250 | 15 or 30 min**

## ***Combination***

Combine multiple services for a custom session.

Recommended combination  
breathwork + sound healing,  
sound healing + yoga

**\$700 | 30-75 min**

## ***Yoga***

Rejuvenating postures designed to relieve pain from the workday, from too much sitting to super active on the go. Ending with a meditation to leave renewed.

**\$400 | 30, 45 or 60 min**

## ***Meditation***

Guided visualizations with light breathing to clear mental clutter. Leave reset and reconnected to clarity.

**\$250 | 15 or 30 min**

***In Person  
Sessions***

Contact [skylar@skylartemplesinger.com](mailto:skylar@skylartemplesinger.com) for more information



# Corporate Membership options

***In person Sessions***

***\$900 / quarterly***

***Includes one monthly session***

***\$1200 / monthly***

***Includes one weekly session***

***Addon sessions from membership are only \$250 for sound healing and yoga, \$175 for breathwork and meditation***

***Invest in regular sessions to boost your team's psychological wellness, holistic health, and joy!***

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## ***Sound Healing***

Sound healing meditations reset the nervous system, improve focus, and bring deep relaxation. Practiced laying down.

**\$300 | 30, 45 or 60 min**

## ***Breathwork***

Gentle to active breathing techniques are shared to balance both hemispheres of the brain and relax the body.

**\$150 | 15 or 30 min**

## ***Combination***

Combine multiple services for a custom session.

Recommended combination  
breathwork + sound healing,  
sound healing + yoga

**\$500 | 30-75 min**

## ***Yoga***

Rejuvenating postures designed to relieve pain from the workday, from too much sitting to super active on the go. Ending with a meditation to leave renewed.

**\$250 | 30, 45 or 60 min**

## ***Meditation***

Guided visualizations with light breathing to clear mental clutter. Leave reset and reconnected to clarity.

**\$150 | 15 or 30 min**

***Virtual  
Sessions***

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# Corporate Membership options

**Virtual Sessions**

***\$600 / quarterly***

***Includes one monthly session***

***\$800 / monthly***

***Includes one weekly session***

***Addon sessions from membership are only \$200 for sound healing and yoga, \$100 for breathwork and meditation***

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