

EMBODIED ALCHEMY
WELLNESS

Corporate Wellness

NATIONWIDE & LIVE VIRTUAL



A more grounded way to work together.

Workplace education with Kharma Lindsey, M.S. C-IPNB, grounded in breath, body awareness, mindful listening, and ethical care.

THREE FORMATS · CUSTOM QUOTES

Keynote / Lunch & Learn

60-90 minutes

An accessible introduction to nervous-system regulation, everyday breath pauses, and de-escalation.

Half-Day Intensive

3-4 hours

Somatic education, interpersonal communication, conflict-reduction strategies, and optional sound-based settling.

Multi-Week Team Series

4-part cohort

Between-session practices, leadership alignment, and a shared language for sustained culture creation.

CULTURE CREATION

Stress reduction · Stronger interpersonal communication · Supportive, communicative teams · Conflict reduction strategies · Shared language

Invitational, accessible practices; no required personal disclosure. Wellness education, not clinical treatment. Custom quotes reflect team size, format, location, and travel.

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www.embodiedalchemywellness.com/corporate-wellness