

WELLNESS THROUGH THE ARTS



EXPAND CREATIVITY AND PROMOTE WELL-BEING

Discover a unique approach to employee wellness with our Wellness Through the Arts packages. Designed for nonprofits and corporate clients alike, these programs blend artistic expression with wellness practices to reduce stress, foster creativity, and enhance teamwork. Choose from customizable options to create a harmonious and productive environment for your organization.

COURSES OFFERED *Our Wellness Through the Arts package includes a selection of five courses:*

SOUND BATH: Experience relaxation through immersive sound therapy.

RHYTHM AND PERCUSSION: Build connection through group music-making.

CREATIVE MOVEMENT: Explore self-expression through guided movement.

VISUAL ARTS: Unwind with hands-on art projects.

HAND BELLS: Harmonize as a team through musical collaboration.

STORYTELLING: Empower and Connect through the art of storytelling to build team confidence.

HOW TO BOOK

1- SELECT YOUR PACKAGE: Choose a single 1.5-hour session or a multi-day program (*up to three days*).

2- PICK YOUR WORKSHOPS: Customize up to five modalities to align with your goals.

3- PLAN YOUR EVENT: Schedule a consultation with our program coordinator to finalize details.

	NON-PROFIT RATES	CORPORATE RATES
Wellness Workshop: 1 session of 1.5 hrs	\$350	\$450
Package A: 2 sessions of 1.5 hrs	\$650	\$750
Package B: 4 sessions of 1.5 hrs	\$1350	\$1450
Visual Art Programs	\$10 per person in art fees	\$10 per person in art fees

**READY TO EXPAND CREATIVITY AND ENHANCE WELL-BEING IN YOUR ORGANIZATION?
CONTACT US TODAY TO BOOK YOUR WELLNESS THROUGH THE ARTS EXPERIENCE!**

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 **ROTARY**
centre *for the arts*