



Your Happy, Healthy People Connection

JANUARY 2019

RE: JADE LADY EMPLOYER WELLNESS PROGRAM

The Jade Lady Employer Wellness Program is an opportunity to offer you and your staff more than a healthy exercise program. Research shows that mindful activity improves physical and mental flexibility. People participating in such activity are less stressed and, therefore, happier with life in general.

Since these arts can be practiced sitting in a chair or standing, they appeal to a wide range of people, from those recovering from injury to avid athletes. By using the 'one-room schoolhouse' approach, our clients are immersed in a culture of differing abilities.

Developing an accommodating mind increases relaxation and focus, which means your employees will be better equipped to appreciate colleagues and supervisors, solve problems, and meet deadlines. Well-focused employees improve your mission whether it's driven by economics or managing relationships. And when things are going well at work – where people spend most of their waking hours – they have more energy to manage other life challenges. **Bottom line... unstressed people make GREAT employees!**

Noted benefits of these ancient, mindful practices:

- Boost in Energy
- Decreased Stress
- Pain Mitigation
- Better Focus
- Improved Memory
- Increased Strength
- More Flexibility
- Enhanced Healing
- Less Illness

Want to enroll? Complete the attached enrollment form and return it to Jade Lady Meditation.

Need more information? We would be pleased to set up a meeting to discuss details. You may contact me directly at shimasusan@gmail.com or 907-562-2863.

Sincerely,

DaoShima Susan
Studio Manager

☯ TaiChi ☯ Meditation ☯ Qigong ☯ Indigenous Dance ☯ Aroma Therapy

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Jade Lady Employer Wellness Program ENROLLMENT FORM

With a yearly fee, you can provide your employees with 20% off Jade Lady class and private packages.

Employer Yearly Fees		
✓	TOTAL Employees	Fee
	1-10	\$420.00
	10-20	\$540.00
	20-30	\$660.00
	30-40	\$780.00
	40-50	\$900.00
	50-60	\$1020.00
	60-70	\$1140.00
	70-80	\$1260.00
	80-90	\$1380.00
	90-125	\$1500.00
	125+	\$1800.00

Employee 20% Discount Price		
	Regular	Discount Price
20-Session Class Package	\$250.00	\$200.00
10-Session Class Package	\$145.00	\$116.00
24 Private Sessions	\$1560.00	\$1248.00

COMPANY NAME _____

ADDRESS _____

AUTHORIZING PERSON (printed) _____

TITLE _____

PHONE _____ EMAIL _____

EMPLOYER FEE: _____ CHECK # _____ OR: Call for protected link to enroll online

AUTHORIZING PERSON (signature) _____