

# Nalaverse

Nalaverse provides inclusive mental wellness solutions for your employees. Support your diverse workforce through live group classes, on-demand content, challenges, and more.

Onsite services available upon request within 30 miles of Center City Philadelphia. Serving clients nationally through virtual capabilities.

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**Website:** <https://thenalaverse.com/for-businesses>

**Business certifications:** Minority Business Enterprise; Woman Business Enterprise

Program/Service Name	Description	Onsite only, Virtual only, or Both?
<b>Be Active</b>		
Feel Good Flow	This medium impact movement class fuses dance and yoga to relieve stress and promote joy and gratitude during the workday.	Virtual only
Movement for Releasing Fear	This high impact movement class fuses yoga and somatic poses to build courage and release fear.	Virtual only
Stretching for Serenity	This low impact class encourages movement and flow through restorative stretching practices.	Virtual only
Vinyasa Yoga	This medium-impact yoga class will leave participants feeling energized and restored during the workday.	Virtual only
<b>Be Energized</b>		

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Breathwork for Workplace Stress Reduction	Breathwork is an accessible tool that can be used at any point during the day to reset in 3-minutes or less. In this class, participants learn how to manage stress and anxiety through evidence-based breathwork and somatic techniques. Participants can expect to leave feeling refreshed and empowered to utilize breathwork as a stress management tool in the future.	Virtual only
Loving Kindness Meditation	This class guides participants towards a state of inner peace through affirmations designed to help them express love for themselves and others. After class, participants can expect to feel calm and more connected to the world around them. Over time, practicing Loving-Kindness Meditation can increase their ability to recognize their emotions and empathize with others.	Virtual only
Chair Yoga for Increased Flexibility	This low impact yoga class will help working professionals to incorporate more yoga practices at their desks in order to reinvigorate their workday.	Virtual only
Mantras for Increased Productivity	This class encourages mental and physical resilience through mantra meditation.	Virtual only
Restorative Yoga for Well-Being	This low impact yoga class will help participants to regulate their nervous system and promote rest through restorative yoga poses.	Virtual only
Yoga Nidra for Deep Rest	This class helps employees manage both the cognitive and physiological symptoms of anxiety through body scans and breathwork.	Virtual only

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Reiki Energy Healing	This class is a place to receive reiki energy healing to reinvigorate and inspire during the workday.	Virtual only
Sound Healing for Peaceful Workplaces	This class helps to restore energy levels and reduce stress and anxiety through sound healing.	Virtual only
<b>Be Empowered</b>		
Affirmations and Chill	In this meditation, participants learn how to pause, recognize their thoughts, and use positive affirmations to manifest the confidence that they need to succeed. This class also includes an opportunity for participants to create and share their own affirmations.	Virtual only
Grief Leadership in Uncertain Times	This course is designed to provide leaders in the workforce with tips and tools to manage challenges and obstacles from a caring, humane, and wellness centered framework.	Virtual only
Healthy Boundaries in the Workplace	This course is designed to provide strategies and practices to incorporate healthy boundaries for work-life integration.	Virtual only
Restorative Approaches to Workplace Conflict	This course is for professionals who are seeking tools to heal workplace conflict from a restorative framework.	Virtual only
Values-Centered Leadership Approaches	This course will help participants learn to define their personal values and operationalize them at work while enhancing the mission and vision of their respective companies.	Virtual only

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The Resilient Workplace: Building Your Stress-Management Toolkit	Resilience can be defined as the mental reservoir of strength that helps us handle stress and change. This course gives employees an opportunity to learn more about themselves and their teammates through a collective mindfulness practice centered around the breath. It also facilitates internal and external evolution by through accessible tools for mitigating stress & anxiety.	Virtual only
<b>Value-Added/Turnkey Services</b>		
21 Day Breathwork Challenge	Managing and transmuted stress and anxiety through breathwork exercises and building workplace camaraderie and community.	Virtual only
21 Day Gratitude Challenge	This challenge is designed to develop a positive mindset and creating caring communities at work.	Virtual only
21 Day Mindfulness Challenge	This challenge is designed to build resilience through meditation and team cohesion.	Virtual only
21 Day Yoga Challenge	This challenge supports with developing a healthy mind and body through developing a community centered yoga practice.	Virtual only
Unlimited Access to NalaU	Unlimited access to NalaU, our on-demand library featuring over 400 hours of pre-recorded mental wellness classes that employees can access 24/7. Each class is designed to help employees manage stress and anxiety, build resilience, compassion, and more. Classes range from 3 - 45 minutes each, and can be viewed independently or as part of a self-guided learning program.	On-Demand Video Library

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