



# Corporate Wellness Program

Combining  
Ayurveda Principles  
with Epigenetic Science  
to Boost Employee Wellness

AyurVida Wellness and Clinic, San Diego, CA



We are proud to be the only wellness clinic in San Diego offering an unparalleled program that combines the ancient wisdom of Ayurveda with cutting-edge epigenetic insights.

Our holistic, personalized approach empowers your workforce to perform at its peak, leading to measurable improvements in employee satisfaction, engagement, and productivity.

Our Corporate Wellness programs are tailored specifically for **founders, key decision-makers, and small teams** who need practical, high-impact support to stay healthy and perform at their best.

## What makes our program unique?

- We blend Ayurvedic principles with epigenetic science to create a fully customized wellness program for each employee who chooses to participate in our Wellness Program.
- Unlike traditional wellness initiatives, our packages dig deeper, addressing not just symptoms but the underlying causes of stress and energy depletion.
- Employees benefit from personalized, in-person services designed to optimize their health, reduce stress, and enhance workplace performance.
- Unlike online platforms or remote applications, our tailored strategies focus on direct interaction and support, ensuring a comprehensive approach to employee wellbeing.



## 3: Key Services Included



Epigenetic  
Hair DNA Analysis



Ayurvedic  
Consultation



Featured Therapies

Program led by Christianne Madrazo, Certified Ayurvedic Practitioner, graduate of Mount Madonna Institute, College of Ayurveda, and student of Dr. Vasant Lad.

### 1. EPIGENETIC HAIR DNA ANALYSIS

- **Advanced Health Insights:** A non-invasive analysis provides detailed information on how lifestyle impacts each employee's health at a genetic level.
- **Personalized Wellness Plans:** Based on these insights, we develop custom wellness strategies that address specific health challenges and enhance performance.

### 2. AYURVEDIC CONSULTATION

- **Comprehensive Health Assessment:** Each employee receives a detailed evaluation combining epigenetic data and Ayurvedic wisdom, focusing on body constitution and lifestyle.
- **Sustainable Health Solutions:** Our tailored strategies aim for long-term health improvements, addressing the root causes of stress, fatigue, and poor focus.

### 3. AYURVEDIC THERAPIES

Abhyanga and Shirodhara, our Ayurvedic therapies, promote relaxation, improve circulation, and enhance mental clarity. Energy alignment techniques, such as Chakra rebalancing, foster emotional stability and improve team dynamics.



# The ROI for Your Organization

## Productivity Gains

Reduced sick days, improved focus, and higher overall productivity.

## Tailored Solutions

Customized recommendations lead to better health outcomes and enhanced workforce efficiency.

## Reduced Absenteeism and Turnover

A healthier, happier workforce is more loyal, reducing turnover rates.



### 1. Productivity Gains

Our wellness program is designed to help companies foster a healthier, more focused, and productive workforce. By reducing stress and enhancing mental clarity, this program aims to support employees in becoming more engaged and efficient.

### 2. Tailored Solutions for Every Employee

Our approach ensures that each employee receives personalized recommendations based on their unique health profile. This leads to better health outcomes and a more effective workforce.

### 3. Reduced Absenteeism and Turnover

Investing in employee wellness not only reduces absenteeism but also fosters loyalty. A healthier, happier workforce is less likely to seek employment elsewhere, improving retention rates.

**This program is led by Christianne Madrazo.** Certified Ayurvedic Practitioner, graduate of Mount Madonna Institute, College of Ayurveda in California, and student of Dr. Vasant Lad, one of the world's foremost experts in Ayurveda.

# PROGRAM OFFERINGS

All packages include personalized support and are designed for easy implementation at your workplace

## 1. Starter Executive Wellness

**Monthly Investment:** \$1,099 (up to 5 key employees ideal for small teams, founders + managers). A minimum 6-month commitment is required.

### What's Included:

- 1:1 Ayurvedic Consultations in person or virtual every three months (personalized dosha assessment and wellness plan)
- Epigenetic Hair DNA Analysis for each participant
- 45-minute individual session every two months (Ayurvedic massage or targeted Ayurvedic therapy)
- Monthly digital wellness content and resources
- Progress tracking and adjustment of personalized plans
- Priority scheduling and dedicated support

This low-friction package delivers visible value every month and makes it easy to experience real results before expanding.

## 2. Basic Wellness Package

**Monthly Investment:** \$2,499 (up to 10 employees). A minimum 12-month commitment is required.

### What's Included:

- Quarterly 1:1 Ayurvedic Consultations (personalized dosha assessment and wellness plan) in person or virtual (3 sessions per year)
- Epigenetic Hair DNA Analysis for each participant every six months (2 per year)
- Seven sessions individual Ayurvedic massage or targeted Ayurvedic therapy (7 sessions per year - 60 minute each)
- **On-site** group wellness workshop (45 minutes) at your office every two months, highly engaging and builds team connection (6 sessions per year)
- Monthly digital wellness content and resources
- Progress tracking and adjustment of personalized plans
- Priority scheduling and dedicated support

Employees now feel the program every month through hands-on therapies and group sessions, dramatically increasing engagement and perceived value.

### 3. Premium Performance Package

**Monthly Investment:** \$4,500 (up to 10 employees). A minimum 12-month commitment is required.

**Best for:** Companies serious about high performance, deep health optimization, and maximum ROI.

**What's Included:**

- Quarterly 1:1 Ayurvedic Consultations (personalized dosha assessment and wellness plan) in person or virtual (3 sessions per year)
- GI-MAP (Gastrointestinal Microbial Assay) for each participant every six months (2 per year)
- Epigenetic Hair DNA Analysis for each participant every six months (2 per year)
- Monthly Ayurvedic Therapy Sessions (60 minutes per employee Abhyanga, Shirodhara, or customized Ayurvedic Treatment)
- On-site group wellness workshop (45 minutes) at your office every two months, highly engaging and builds team connection (6 sessions per year)
- Priority booking and customized reporting for HR

This is our most comprehensive offering, delivering frequent, tangible wellness experiences that drive measurable improvements in energy, focus, and stress reduction.

**Optional add-ons available:**

- Additional individual sessions
- Annual health reports for leadership
- 15% discount for 18-24 months contract

**Text or Call 619-637-0201** to explore how our Corporate Wellness Package can elevate your Team.

**THE NEXT STEP**  
**Contact Us**

**We'd love to help your team thrive!**