



GLASS HOUSE

# ADDITIONAL WELLNESS SERVICES

## MINDFULNESS

Our sessions aim to educate on how different breathing practices and meditations can bring a state of mindfulness and relaxation in just 15 minutes. They are held each day in the Dome.

## WORKSHOPS

Our interactive workshops are centered on giving insight into a variety of topics and open up a conversation around the subject.

## 1-2-1 SESSIONS

If classes are not for you, or you feel you need a little extra attention, why not book a 1-2-1 session with one of our wellness coaches?

WE OFFER A RANGE TO SUIT EVERYONE:

Personal Training  
Meditation  
Sound bath experience  
Breathwork  
Yoga  
Pilates  
Boxing  
Card readings



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## LISTENING ROOM

Non judgmental space to talk and explore with a professional.

## LIFE COACHING

Aiming to motivate and support to create confidence in building goals for the present and the future.

## SPORTS MASSAGE

Manipulation of soft tissue. To assist in correcting problems and imbalances in the body