

MINDFUL WELLNESS

Workshops & Wellness Sessions

Mindful Wellness brings gentle movement sessions to senior centers, senior living communities, workplaces, schools, and community groups. Every session is built for real people at every level of ability, including those who have been told they aren't fit, flexible, or young enough to begin. No experience needed. Just come as you are.

THE OFFERINGS

Signature Workshop **\$350 / session**

One 50-minute gentle session on a theme of your choice. All levels, no experience or equipment needed. Includes a take-home handout.

Monthly Series **\$300 / session**

The Signature Workshop delivered monthly, booked as a 3, 6, or 12-month block with rotating themes. Reduced per-session rate for committing to a block.

Wellness Day **Half day \$1,300 | Full day \$2,400**

A half or full day of multiple short, gentle sessions offered in shifts, so an entire staff or community can rotate through. Ideal for employee appreciation, teacher wellness weeks, and community events.

Session Themes

- Steady & Strong: balance and fall prevention (seated + standing)
- Gentle Reset: easing stiffness and improving everyday mobility (seated)
- Rest & Restore: yin, gentle movement, and breath for stress and better sleep (mat-based)
- Desk Relief: simple movement for anyone who sits all day (seated + standing)

Standing work is always optional and can be adapted to a chair, so no one is left out, including participants who use a walker or wheelchair.

What's Included

- Included: expert instruction, my own props, and a session tailored to your group.
- Host provides: chairs and a room. Most sessions are chair-based and need no additional equipment.
- Optional add-on: mats, bolsters, blankets (for mat-based sessions), and take-home handouts
- Group size: sessions are kept to about 12 for safety and personal attention. Larger groups can book additional sessions or a Wellness Day.

Travel & Location

- Included: sessions within 25 miles of National Harbor, MD.
- Beyond 25 miles: mileage, overnight lodging (when a session requires it), and a multi-day rate are confirmed with the client in advance.

Travel beyond 25 miles is quoted per event and may include a travel fee and/or accommodations, arranged with the client in advance.

Community and nonprofit rates available on request.

ABOUT KETURAH

Keturah brings a rare mix to every room: more than 8 years teaching, nearly 14 years of personal practice, and almost two decades in the corporate world. She holds an M.S. in Health Policy and Management, a B.S. in Biology, a 200-hour Registered Yoga Teacher certification (RYT-200), a Yin Yoga certification, and a NASM Certified Personal Trainer credential (NASM-CPT). She specializes in accessible, gentle movement for people told wellness wasn't built for them, and delivers it with the organization and professionalism institutions rely on. Her guiding idea: pay attention to how you feel, not how you look.

BRING MINDFUL WELLNESS TO YOUR GROUP

Tell me about your group and I'll help you choose the right session.

Request a workshop: [HERE](#)