KfiT
WHOLE BODY WELLNESS

Treat Your Staff to the Release They Deserve



On-Site Wellness Days

1:1 assisted stretch sessions for faculty and staff at schools, nonprofits, organizations, and businesses.

Sessions are designed to help release body tension, stress and calm the nervous system. Leaving you feeling refreshed and ready for your day!

Ideal for faculty appreciation, staff wellness, professional development, or employee wellness days.

- Small groups of 6-8 people
  3-hour block minimum
- Approximately 20 minutes
  per client, plus transition time.
- Need additional staff coverage? Multiple 3-hour blocks are available and can be scheduled, not to exceed 6 hours per day.



Contact Kayani, CEO

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Email for more details, questions or to book.

www.kfitwbw.com