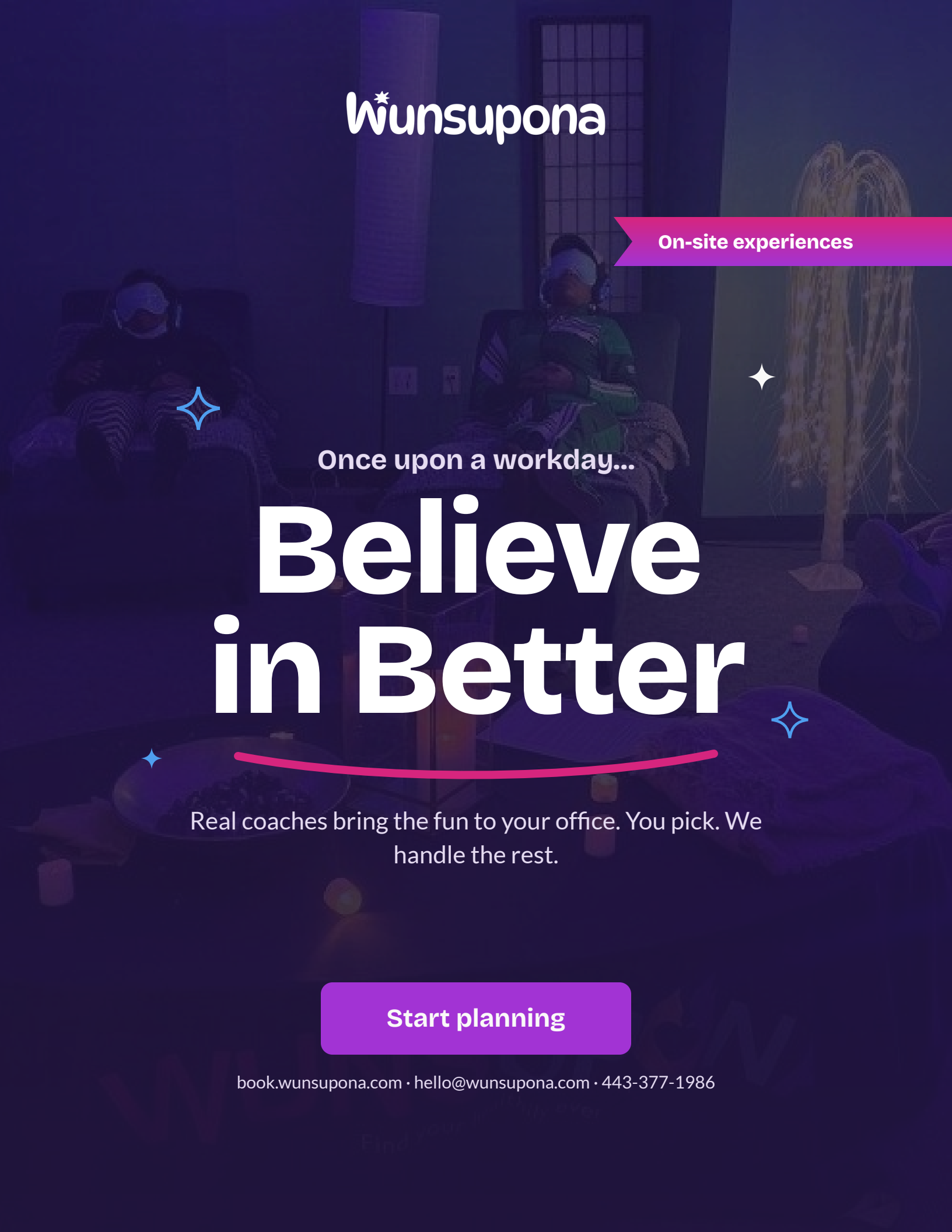
Wunsupona
On-site experiences
Once upon a workday...
Believe in Better
Real coaches bring the fun to your office. You pick. We handle the rest.
Start planning
book.wunsupona.com · hello@wunsupona.com · 443-377-1986

Here's how it works

Three easy steps. One very happy office.

1

Pick

Flip through the chapters and circle what makes you smile. Mix and match as many as you like.

2

Book

Go to book.wunsupona.com, email or call. Tell us the date, the place and your event size.

3

We handle the rest

Your coaches arrive, set up, bring the magic and pack up after. You get to enjoy it too.

Event sizes

Some prices grow with your event. Tell us about your team when you book and we'll match the right size.

Small · Medium · Large · Extra large · Extra chapter

What's inside

Health fair stations 3
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Talks and keynotes 19
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Event extras 23
How to book 25

Chapter 1

Health fair stations

Drop-in stations people visit between meetings, from stress resets to screenings.

In this chapter

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Soarin' 4
Aromatherapy Habit Lab 5
Sound Bowl 6
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Sól 4
Snap Out of Stress 5
Cold Reset Lab 5
Creativity and Conversations 6

Health fair stations

Chill 2.0

Our flagship stress reset. A coach teaches a 3-minute breathing routine that can lower heart rate and blood pressure in minutes, then employees practice it with guided relaxation, a cold eye mask and traction massage that eases back tension.

$2,500 for 2 hours
then $575 an hour + $280 and up by event size

Health fair stations

Sól

A beach-style stress reset. Ocean sounds, salt air and red light, which studies link to faster muscle recovery and less joint pain, set the scene while a coach guides breathing that eases muscle tension.

$2,500 for 2 hours
then $575 an hour + $280 and up by event size

Health fair stations

Soarin'

Employees rest in a gently swaying hammock that wraps them in deep, even pressure, helping an overstimulated nervous system shift out of fight-or-flight and into rest. A coach guides slow breathing to lock it in.

$2,500 for 2 hours
then $575 an hour + $280 and up by event size

Chapter 1
Health fair stations

Health fair stations

Snap Out of Stress

Stop by, pick your tool and learn a 30-second stress reset you can use anywhere. A loop band releases neck and shoulder tension, stress dough is a mini muscle relaxation, and a tornado tube settles as you breathe slowly.

$300 an hour
per coach

Add-ons
Loop band by event size
Stress dough by event size
Tornado tube by event size

Health fair stations

Aromatherapy Habit Lab

A micro-habit workshop, with aromatherapy as the tool. Employees make a satchel, candle, rice warmy or scrub and learn to pair its scent with one slow breath. Smell is wired to the brain's emotion center, so calm becomes automatic.

$300 an hour

Add-ons
Satchel by event size
Scrub by event size
and 2 more add-ons, just ask

Health fair stations

Cold Reset Lab

Employees place their hands in cold water while a coach guides slow breathing and imagery, learning to get comfortable being uncomfortable. Slow breathing and guided imagery are shown to ease how intense stress and discomfort feel.

$300 an hour

Health fair stations

Sound Bowl

Employees settle in as vibrating bowls fill the room, then learn to breathe out slowly until each tone fades, a simple way to slow down they can repeat anywhere. One study found less tension and better mood after a session.

$300 an hour

Health fair stations

Creativity and Conversations

Your permission slip to be creative. Employees work side by side while a health coach sparks conversation. Many people, especially men, connect more easily shoulder to shoulder, and art-making can lower stress hormones.

$300 an hour

Add-ons
Community canvas (stays with your team) $100
Clay worry stones by event size
Mini vision collage by event size

Health fair stations

Seen and Remembered: Color and Confidence

Our personal stylist helps each person find their best colors and talks through how the way we look shapes how we feel and how others see us. In one study, people in a suit negotiated harder and felt less nervous.

$300 an hour

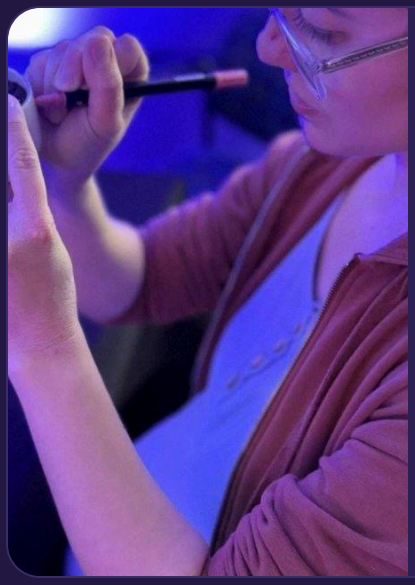
Health fair stations

Tea Garden

A guided tasting that engages all five senses, then employees create their own blend by trusting what draws them in. Slowing down to notice each sense is a grounding practice that tells the brain you're safe and builds intuition.

$300 an hour
+ $240 and up by event size

Add-ons
Not Your Grandma's Cookies by event size



Health fair stations

Rooted

Employees decorate a one-of-a-kind pot, then get their hands in the soil to plant something seasonal to take home. A coach teaches simple sensory grounding as they work, and office plants are linked to lower stress and better focus.

Starting at
$300 an hour
+ $650 and up by event size

Health fair stations

Assisted Stretching and Body Alignment

One-on-one assisted stretching with a quick posture and desk setup check. Each person learns two stretches for their tight spots and one ergonomic fix. Workplace stretching and ergonomics are linked to less neck and back pain.

Starting at
$300 an hour

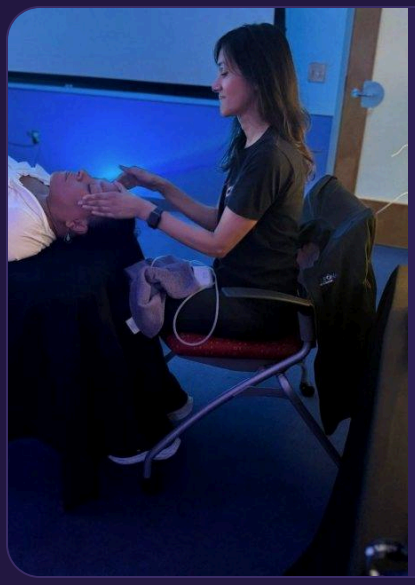
Health fair stations

Chair Massage

Classic seated massage that eases neck and shoulder tension. Even 15 minutes of chair massage is linked to lower stress.

$125 an hour
per therapist minimum 2 hours

Add-ons
Warm towel neck wrap and tension map in your quote



Health fair stations

Lymphatic and Sinus Self-Care with Gua Sha

Employees learn a gentle gua sha routine that supports lymph flow to ease puffiness, sinus pressure and jaw and neck tension, practice it with a coach, and take the stone home to keep using.

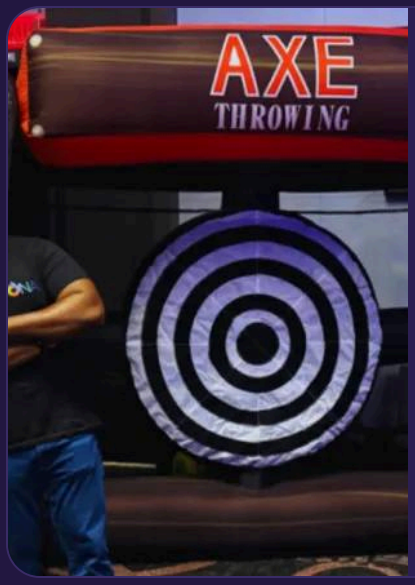
Starting at
$300 an hour
+ $200 and up by event size

Health fair stations

Facial Rejuvenation

A relaxing blend of facial massage and gentle cupping that releases jaw and facial tension, eases sinus pressure and leaves skin glowing. Massage of the jaw muscles is linked to less TMJ pain and clenching.

Starting at
$300 an hour



Health fair stations

Movement Lab

Quick, playful movement that gets people out of their chairs: drop-in balance, mobility and reaction challenges with drop sticks, BlazePods and a mini trampoline. Breaking up sitting every 30 minutes is linked to better blood sugar and energy.

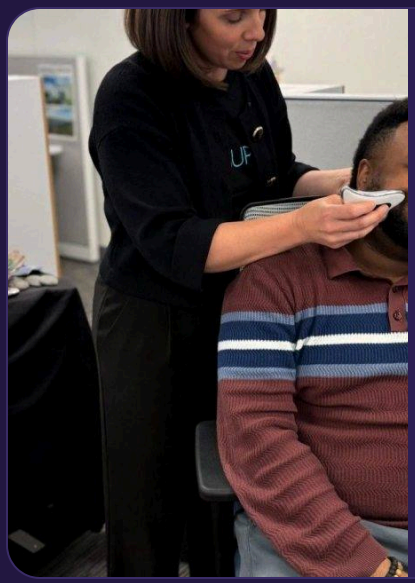
$300 an hour
+ $120 and up by event size

Health fair stations

Guided Inversion

Supported, coach-guided inversions that take pressure off the spine and ease back tension, with a quick lesson on why changing position matters when you sit all day. Health waiver required.

$300 an hour



Health fair stations

Desk-side Wellness

Wellness comes to employees' desks in quick 2 to 5 minute visits, so 'I don't have time' is off the table. Coaches bring stretching, sinus self-care and more, reaching people who never come to events and learning what your team wants next.

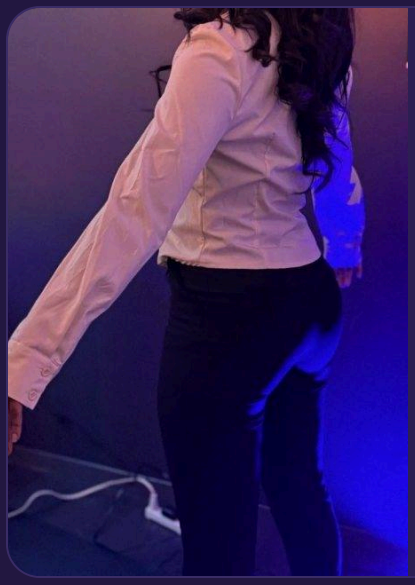
Starting at
$325 an hour
by event size

Health fair stations

Vascular Screening

A quick, painless screening for peripheral artery disease (PAD), a common and often silent circulation problem in the legs, with a coach explaining results and next steps. Many people with PAD have no symptoms and don't know they have it.

$400 an hour
minimum 2 hours



Health fair stations

3D Body Scan

Employees step onto a Styku 3D scanner to see their waist-to-hip ratio, a World Health Organization marker tied to heart disease, diabetes and some cancers, then leave with one micro-habit to start today and a path to their own benefits.

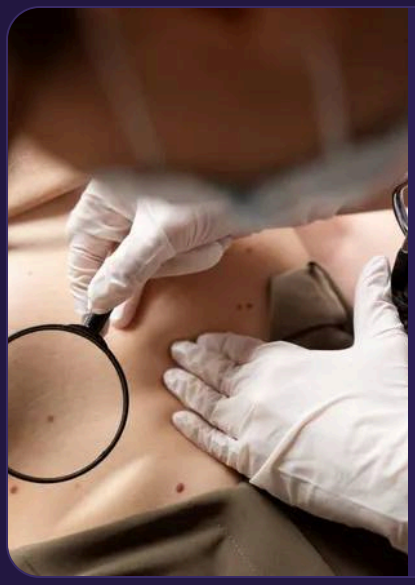
$400 an hour
minimum 2 hours

Health fair stations

Mobility Assessment and Coaching

A quick movement screen that spots stiffness and imbalances before they turn into injuries. Each person leaves with two exercises to start today and a path to their own benefits. Muscle and joint pain is a top reason people miss work.

$400 an hour
minimum 2 hours



Health fair stations

Skin Health and Sun Safety Check

A skin analysis paired with sun safety coaching: what your skin needs, how to choose and use sunscreen, how to check your own skin, and how to use your benefits for a skin exam. Skin cancer is the most common cancer in the U.S.

$400 an hour
minimum 2 hours

Health fair stations

Wunsupona Thyme

Our mocktail speakeasy brings the feel of happy hour without the pressure. Handcrafted alcohol-free drinks and a true speakeasy setting help people escape the workday and connect, a relaxed

$300 an hour
+ $650 and up by event size

Add-ons
Popcorn, 2 types $1,000
Not Your Grandma's Cookies by event size
Mocktails and Medicine in your quote

Health fair stations

Smoothie Bike Showdown

Employees pedal a bike-powered blender to make their own smoothie, then learn to build one with fiber, protein and less added sugar for steady energy. Pairing movement with a reward is one of the fastest ways to build a habit.

Starting at
$300 an hour
by event size

Add-ons
Team leaderboard with nutrition questions in your quote

Chapter 1
Health fair stations

Health fair stations

Brain Games

Our most interactive stop: fast, laugh-out-loud challenges for speed, memory, focus and coordination, inspired by the ACTIVE study, where speed training was linked to about 25% lower dementia rates 20 years later. Practice continues at home.

$300 an hour

Chapter 1
Health fair stations

Health fair stations

Meet Your Future Self

Step into a suit that adds 30+ years in minutes, then see what you can change today. Feeling it firsthand is a powerful push to act now, since it's never too early, and it builds real empathy for aging coworkers, parents and friends.

$400 an hour
minimum 2 hours

Health fair stations

Cooking Demo and Tasting

Watch and taste, or roll up your sleeves. A coach guides your team through simple, energizing food, either as a live demo with tasting or hands-on as everyone makes it together. Pairing fiber and protein keeps energy steady all afternoon.

Starting at $650

Add-ons
Chili in your quote
Kebabs in your quote
and 3 more add-ons, just ask

Health fair stations

Nourish Bar

A build-your-own bar where a coach shows your team how to put together food that keeps energy steady, and why it works. Everyone builds their own, learns one easy habit, and goes back to work fueled.

Custom pricing
Shaped around your event

Add-ons
Parfait bar in your quote
Hot chocolate bar in your quote
and 2 more add-ons, just ask

Can't decide?

Tell us about your team and a coach will help you pick the perfect mix.

hello@wunsupona.com 443-377-1986

Chapter 2

Workshops

An hour that builds a real skill, with something to take home.

In this chapter

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The Burnout Cure 15
Movement Lab (class) 16
Cooking Demo and Tasting 17
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The Gratitude Effect 16
The Intuition Lab: Read Your Body, … 16
Creativity and Conversations (seated) 17

Workshops

Tea Garden

A guided tasting that engages all five senses, then employees create their own blend by trusting what draws them in. Slowing down to notice each sense is a grounding practice that tells the brain you're safe and builds intuition.

$300 an hour
+ $240 and up by event size

Add-ons
Not Your Grandma's Cookies by event size

Chapter 2
Workshops

Workshops

Meet Your Future Self

Step into a suit that adds 30+ years in minutes, then see what you can change today. Feeling it firsthand is a powerful push to act now, since it's never too early, and it builds real empathy for aging coworkers, parents and friends.

$400 an hour
minimum 2 hours

Workshops

The Burnout Cure

Learn to spot burnout early and stop stress in the moment. Employees try breathing resets, Snap Out of Stress moves and a cold reset, then build one micro-habit that fits their day. Slow breathing can calm a racing heart in minutes.

$650 for the hour
+ $240 and up by event size

Chapter 2
Workshops

Workshops

The Gratitude Effect

Gratitude is a skill you can train, and it pays off everywhere. Studies link it to better mood (mind), better sleep (body) and stronger relationships (connection). Employees journal, paint a desk reminder and mail a pre-stamped thank-you.

$650 for the hour
+ $520 and up by event size

Chapter 2
Workshops

Workshops

Movement Lab (class)

A fast, playful group class of cardio, balance and reaction games, from catching drop sticks to racing light-up BlazePods. Breaking up sitting every 30 minutes is linked to better blood sugar, and quick-reaction drills help keep the brain and body sharp.

$650 for the hour
+ $120 and up by event size

Chapter 2
Workshops

Workshops

The Intuition Lab: Read Your Body, Make Better Calls

Your body knows first. Through scent, taste, touch and sound, employees train interoception, reading the body's signals, a skill linked to better decisions and calmer stress, then make a scent tool that cues calm on demand.

$650 for the hour
+ $40 and up by event size

Add-ons
Satchel by event size
Scrub by event size
and 2 more add-ons, just ask

Workshops

Cooking Demo and Tasting

Watch and taste, or roll up your sleeves. A coach guides your team through simple, energizing food, either as a live demo with tasting or hands-on as everyone makes it together. Pairing fiber and protein keeps energy steady all afternoon.

Starting at $650

Add-ons
Chili in your quote
Kebabs in your quote
and 3 more add-ons, just ask

Chapter 2
Workshops

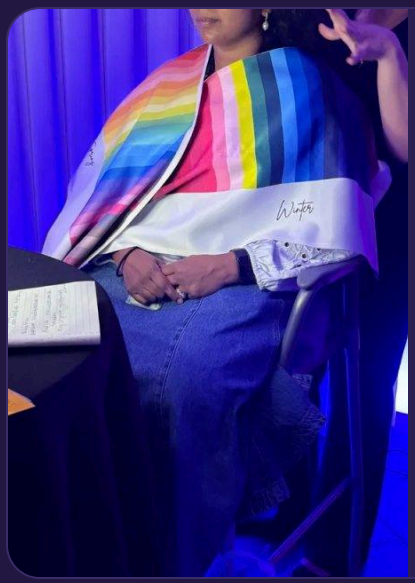
Workshops

Creativity and Conversations (seated)

Your permission slip to be creative. Employees work side by side on a guided art project while a health coach sparks real conversation. Many people, especially men, connect more easily shoulder to shoulder, and art-making can lower stress hormones.

$650 for the hour

Add-ons
Community canvas (stays with your team) $100
Clay worry stones by event size
Mini vision collage by event size



Workshops

Seen and Remembered: Color and Confidence (workshop)

How we show up shapes how we feel and how others see us. Employees learn the science behind it, discover the colors that make them shine with our personal stylist, and leave with one small confidence habit to start tomorrow.

$650 for the hour

Chapter 2
Workshops

Workshops

Brain Games (workshop)

Fast, laugh-out-loud team challenges for speed, memory, focus and coordination, plus what the ACTIVE study found and didn't, why speed and novelty matter, and a 5-minute daily brain habit to keep practicing at home.

$650 for the hour

Can't decide?

Tell us about your team and a coach will help you pick the perfect mix.

hello@wunsupona.com 443-377-1986

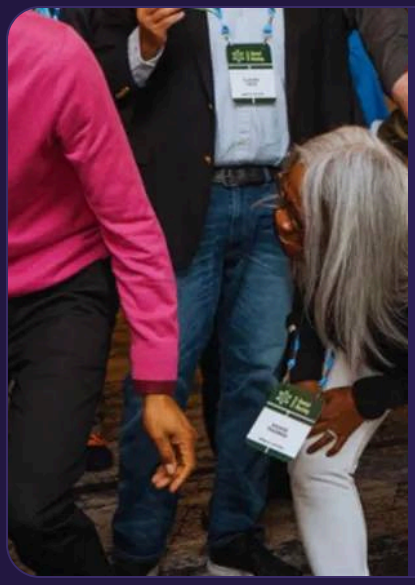
Chapter 3

Talks and keynotes

Story-driven talks, based in science, that end with one habit to start today.

In this chapter

On-Site Talk 20



Talks and keynotes

On-Site Talk

Live, story-driven talks that are anything but a lecture: interactive, engaging and customized to your audience and topic. Based in science, delivered in stories, and every talk ends with one micro-habit to start today. Any topic from our 2027 virtual catalog.

Starting at $550

Add-ons
Led by a doctor $100
A keynote for a conference or all-hands in your quote

Can't decide?

Tell us about your team and a coach will help you pick the perfect mix.

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Chapter 4

Retreats

A half day away from the desk, planned and hosted for you.

Chapter photo

In this chapter

Wunsupona Retreat 22

Chapter 4
Retreats

Retreats

Wunsupona Retreat

Step away from the desk and into something new. This isn't your typical company retreat: we blend team building, engagement, connection and real health skills, planned and hosted for you, so your people return recharged with habits that last.

Starting at $6,000. Travel and venue extra.

Can't decide?

Tell us about your team and a coach will help you pick the perfect mix.

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Chapter 5

Event extras

The fun that turns it into a celebration.

In this chapter

Nourish Bar 24

DJ Kcivre 24

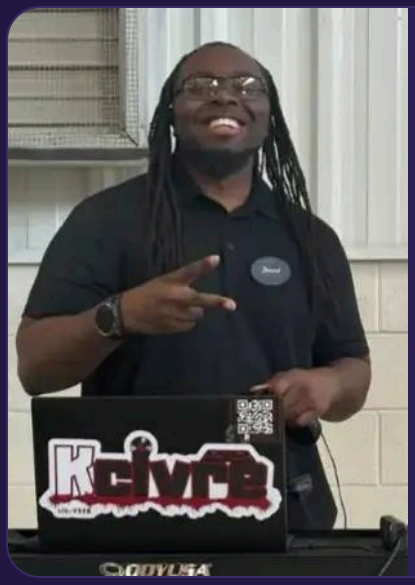
Event extras

Nourish Bar

A build-your-own bar where a coach shows your team how to put together food that keeps energy steady, and why it works. Everyone builds their own, learns one easy habit, and goes back to work fueled.

Custom pricing
Shaped around your event

Add-ons
Parfait bar in your quote
Hot chocolate bar in your quote
and 2 more add-ons, just ask



Event extras

DJ Kcivre

Spice up any event with professional DJ services from our own local DJ. Add karaoke, lighting or whatever you'd like. Music lifts mood and energy, and nothing gets a room laughing together faster than karaoke. Sound system, setup and breakdown…

$650 for 2 hours
then $350 an hour

Add-ons
Karaoke $150
Lighting in your quote

Can't decide?

Tell us about your team and a coach will help you pick the perfect mix.

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And they all lived happier ever after.

Let's write your team's next story

Book online, any time

book.wunsupona.com

Book your event

Email us

hello@wunsupona.com

Call us

443-377-1986

Wunsupona

Come curious. Leave lighter.