

CORPORATE WELLNESS PROGRAM

Your Body is Running the Show.

Isn't it time you taught it something new?

Stress Decompress: Nervous System Reboot
Biomechanics & Movement for Longevity

Raquel Wynn | Structural Integration Practitioner | Author | Wellness Educator

raquelwynn.com

THE PROBLEM YOUR WORKFORCE CAN'T THINK THEIR WAY OUT OF

77%

of employees report
burnout at least once

Deloitte, 2024

\$300B

lost annually to
workplace stress

American Institute of Stress

58%

of CEOs say wellbeing
is critical to profit

Wellhub ROW Report, 2025

The stress response is not a mindset problem. It is a physiology problem — and it lives in the body, not the mind. Standard wellness perks don't reach it. These programs do.

WHY THIS IS DIFFERENT

Most wellness programs ask the mind to manage the body.

These programs work the other direction — because that's where the results actually live.

Structural Integration Trained

20+ years working inside bodies as a Rolfing practitioner — not a fitness instructor.

Nervous System Physiology

Every session works directly with the autonomic nervous system through breath, fascia, and movement.

Live Every Session

No recordings pressed to play. Real-time coaching, real-time observation, real-time results.

Scientifically Grounded

Psoas, diaphragm, fascial piezoelectricity, sympathetic chain — taught accessibly to non-specialists.

Published Author

Penguin Books. The credibility your program needs to stand behind.

PROGRAM 01

Stress Decompress

Nervous System Reboot

45–60 min live class

Weekly or bi-weekly format

Remote or in-person

Format: Live virtual or on-site

Class size: Up to 30

Customizable frequency

What employees will experience:

Breathwork & Vagal Activation

Measurable shift from sympathetic to parasympathetic dominance within one session.

Diaphragm & Adrenal Work

The diaphragm is a shelf — the adrenals rest on it. Restricted breath = compressed stress glands. We fix that.

Psoas Release

The body's fear muscle. When it lets go, the nervous system follows.

EFT Tapping + Aromatherapy

Multi-sensory tools for fast-tracking the stress-to-calm shift.

Proprioceptive Balance Work

Eyes-closed balance training hydrates the spine and rebuilds the brain's body map.

PROGRAM 02

Biomechanics & Movement for Longevity

Move Better. Last Longer. Live Fully.

45–60 min live class

Weekly or bi-weekly format

Remote or in-person

Format: Live virtual or on-site

Class size: Up to 30

Series or standalone

What employees will experience:

Psoas Release & Hip Mobility

The only muscle connecting spine to leg — when it shortens, everything above and below pays.

Diaphragm & Pelvic Floor

Top and bottom of the body's pressure system. Both are trainable. Neither is talked about enough.

Scapular Retraction & Thoracic Spine

Where the sympathetic chain lives. Restoring thoracic mobility is a nervous system intervention.

Fascial Hydration & Piezoelectricity

The 3D web that conducts the body's bioelectrical signals. Movement hydrates it. Stillness doesn't.

Eyes-Closed Balance & Proprioception

Spinal disc hydration, spatial awareness, fall prevention — all at once. The longevity essential no one teaches.

WHAT YOUR ORGANIZATION GAINS

Measurable outcomes your leadership and HR teams can report on

Reduced Absenteeism

Structural pain and chronic stress are the top two drivers of sick days. Both are directly addressed.

Retention & Recruitment

39% of employees stay primarily because of strong wellness benefits. (Bank of America, 2024)

Lower Healthcare Costs

Preventive movement and nervous system regulation reduce downstream musculoskeletal and stress-related claims.

Manager & Leadership Resilience

Executives and managers benefit first and most — modeling the program drives culture-wide adoption.

Improved Productivity

Companies integrating nervous system wellness see up to 20% higher productivity. (Global Wellness Institute, 2025)

Return on Wellbeing

Wellness is no longer a perk. 58% of CEOs now tie it directly to financial performance metrics.

HOW WE WORK TOGETHER

Pilot Program

4–6 week series

- One class per week
- One program or both
- Up to 30 participants
- Post-series impact report

Monthly Membership

Ongoing engagement

- 2–4 live classes/month
- Both programs rotating
- Growing team participation
- Quarterly outcomes review

Annual Partnership

Full integration

- Weekly live classes
- Full 6-week arcs for both programs
- Custom scheduling
- Leadership sessions included

All programs delivered live via Zoom or on-site. Custom scheduling, white-labeling, and licensing available.

ABOUT RAQUEL WYNN

*Structural Integration Practitioner
Author · Educator · Performing Artist
Nonprofit Founder*

- 20+ years structural integration practice
- Published author, Penguin Books
- Founder, UMeUs Live (501c3)
- Performer with Lynyrd Skynyrd & Kesha
- Podcast host & wellness educator
- Specialist: psoas, fascia, breath & CNS

What makes Raquel different in a corporate context:

Raquel doesn't teach wellness concepts. She teaches body literacy — the precise, practical understanding of how the human structure and nervous system actually work — in language that is accessible to anyone, and at a depth that is credible to clinicians.

She has spent two decades reading bodies, working inside them, and translating what she finds into actionable change. In a corporate setting, this means employees walk away with skills they use permanently — not just during the session.

And unlike most wellness providers, Raquel delivers every session live. She is watching, responding, and cuing in real time. The result is an experience that feels personal at scale.

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IDEAL CORPORATE PARTNERS

Technology & Remote-First

Desk posture, screen stress, distributed teams — the psoas and thoracic spine problems are universal. Decision maker: Chief People Officer or Head of Remote Experience.

Healthcare & Hospitals

Clinician burnout, physical demand on staff, nursing musculoskeletal injuries. Decision maker: VP of Employee Wellness or Chief Nursing Officer.

Legal & Finance

High-stress, sedentary, long-hours culture. Chronic SNS activation is the professional norm. Decision maker: HR Director or Benefits Manager.

Music & Entertainment

Touring musicians, stage performers — psoas, posture, adrenal depletion are occupational hazards. Your network is the in.

Corporate Retreat & Offsite Market

One-day or multi-day intensive format. Premium pricing. Decision maker: Executive Assistant to C-Suite or events coordinator.

Let's talk about what your team needs.

*A complimentary 30-minute discovery call is the first step.
No obligation — just a real conversation about what's actually going on in your organization.*

REQUEST A DISCOVERY CALL

raquel.wynn@me.com

raquelwynn.com

Complimentary 30-minute call · No obligation · Just a real conversation about your team

Raquel Wynn · Structural Integration · Published Author · Nonprofit Founder · Performing Artist

Both programs available standalone or combined. Custom packages for teams of any size.