

# oasis online<sup>sm</sup>

by Waterbear Planet

**oasis online<sup>sm</sup> offers the experience of a quick getaway within daily life: time and space to curb burnout, release stress, connect with nature.**

## **What oasis online is:**

- Facilitated, instructor-led classes to release stress (30 min. to 1 hr. 15 min.)
- Immersive, live DJ'ed nature soundscapes with simple, optional visuals
- Structured sessions to enhance individually-chosen, self-care activities
- Delivered via Zoom to your phone or computer (use high-quality headphones)

## **The experience:**

- Feel better, inspired and more focused by the end of class
- Enjoy slowing down, being still and resting deeper
- Receive the benefits of connecting with nature, even virtually during the day
- Melt stress and tame burnout while reflecting on upcoming priorities

## **How to participate:**

- Drop into public classes 1x/wk
- Book a private team/group session
- Join the member program for up to 11 classes every week to buoy daily life, build a floor under your baseline relaxation state and commit to ongoing accountability

## **Who it's for:**

Individuals, families and teams

## **Testimonials:**

- "Rejuvenating!"
- "A sense of relief."
- "It felt like 5 hrs of nature time, in 20 minutes. So good!"
- "It was so relaxing."
- "I had the best night's sleep!"
- "A very moving experience."
- "It was nice to not have to do anything, without any sense of guilt."
- "Transporting!"

## **Pricing:**

- Public Classes are \$25; add on a Discovery Pass (4 member classes) for \$125
- Annual Memberships start at \$600 to join any 2 public or member classes/mo
- Private Session pricing by proposal, including custom options for teams

## **Learn more:**

[www.waterbearplanet.com/faqs](http://www.waterbearplanet.com/faqs)

**waterbear  planet<sup>sm</sup>**  
©2022 Waterbear Planet LLC