



S O U L

Elevation Wellness

Elevating human performance.
Building healthier,
more resilient organizations.

Bountiful • Utah

STRATEGIC CORPORATE WELLNESS PROPOSAL

Erin Ottley

Founder • Soul Elevation Wellness

In partnership with

Adriana Jarva

Founder • Yoga Self Connection LLC
Creator of the Nine63 Method



WHY INVEST IN CORPORATE WELLNESS?

An organization's success depends directly on the physical, mental, and emotional well-being of its people.

Stress, burnout, and mental fatigue significantly impact productivity, employee engagement, and talent retention.

Today, high performing organizations recognize wellness as a strategic investment that supports sustainable growth and long-term success.





EVIDENCE-BASED APPROACH

Research from Harvard Medical School, the National Institutes of Health (NIH), and the Mayo Clinic associates practices such as Yoga, Meditation, and Breathwork with reduced stress, improved focus, better sleep quality, greater emotional resilience, and enhanced cognitive performance.





OUR SOLUTION

At Soul Elevation Wellness,
we offer more than wellness classes.
We create comprehensive corporate wellness
programs designed to strengthen individuals,
empower teams, and cultivate a healthier
workplace culture.





OUR INTEGRATED APPROACH INCLUDES:

- Corporate Yoga
- Meditation & Breathwork
- Mobility & Stretching
- Corporate Massage Therapy
- Aromatherapy
- Sound Healing
- Health & Wellness Education
- Corporate Retreats & Team Wellness Experiences





BENEFITS FOR YOUR ORGANIZATION

- Increased focus and productivity
- Reduced workplace stress
- Healthier organizational culture
- Higher employee engagement
- Improved talent retention
- Stronger collaboration and teamwork
- Greater energy, resilience, and overall well-being

When people thrive, organizations thrive.



PARTNERSHIP OPTIONS

We offer flexible wellness programs tailored to the unique needs and goals of your organization.

PILOT PROGRAM

90-day
implementation
to assess impact and
engagement

ONGOING PROGRAM

Weekly or bi-weekly
wellness sessions

PREMIUM PROGRAM

A comprehensive,
fully integrated corporate
wellness solution

Customized investment
based on:

- Number of employees
- Program frequency
- Scope of services
- Level of customization

ABOUT US

Erin Ottley



Founder of Soul Elevation Wellness. After overcoming cancer, Erin transformed her personal healing journey into a mission to promote prevention, self-care, and holistic wellness. Today, she leads programs that strengthen health, resilience, and quality of life for individuals, organizations, and communities.



Adriana Jarva



Founder of Yoga Self Connection LLC and creator of the Nine63 Method. A journalist with an MBA in Marketing, Adriana is a certified Kundalini Yoga and Vinyasa Flow instructor. She designs integrative wellness programs that combine science, movement, and personal growth to help individuals and organizations thrive.

LET'S BUILD A HEALTHIER WORKPLACE TOGETHER

We believe extraordinary organizations are built by healthy, inspired, and purpose-driven people.

More than providing wellness activities, our goal is to become your strategic partner in creating a workplace where people feel supported, engaged, and empowered to perform at their best.

When people thrive, business thrives.



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