Mạch

WELLNESS

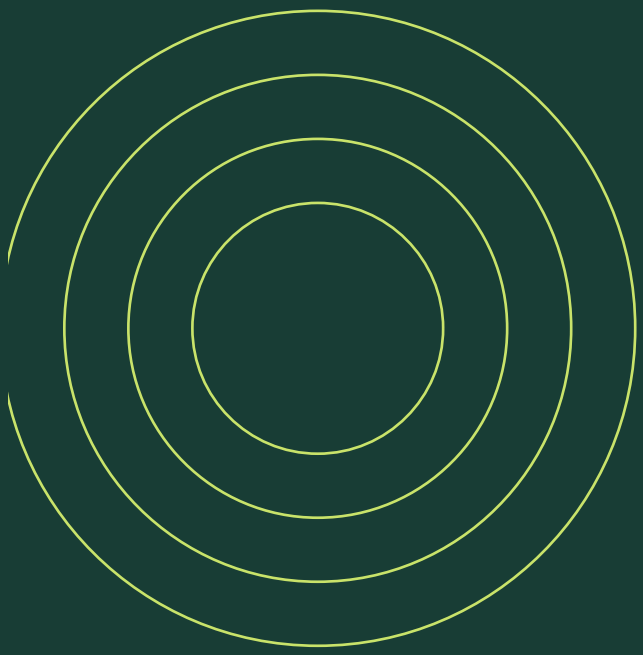
GROUP EXPERIENCES / HO CHI MINH CITY

A little space.
A stronger team.

Corporate wellbeing & group experiences

Movement, mindful breathing and shared moments of calm - shaped around your people and your workplace.

MOVE
BREATHE
CONNECT



For teams, workplaces & shared experiences
Flexible programmes shaped around your people

hello@machwellness.com
www.machwellness.com

01 / MOVEMENT & EVERYDAY FITNESS

Move well, together.

Accessible movement formats for office teams. Suggested durations are flexible; the final programme is tailored to your brief.

01 Yoga: Deepen Your Yoga Practice!

Yoga và thực hành tư thế

A guided group practice combining accessible yoga postures, balance and gentle movement. Yoga teachers offer variations for different experience levels.

Suggested format: 45-60 minutes | Clear floor space and yoga mats

02 Chair Yoga & Desk Mobility

Yoga trên ghế và vận động tại bàn làm việc

Seated and standing movements for wrists, hips, shoulders and the spine. A practical office break that fits around the working day.

Suggested format: 20-30 minutes | Stable chairs; no mats required

03 Office Neck & Shoulder Reset

Cổ Vai Gáy / Yoga cho dân văn phòng

Gentle mobility, posture awareness and breathing for desk-based teams. Participants learn short movement breaks they can revisit during the day.

Suggested format: 30-45 minutes | Chairs or mats, depending on the session

04 Therapeutic Yoga for Back & Neck Pain

Yoga hỗ trợ lưng và cổ

Gentle, adapted movement with an appropriately qualified yoga teacher. Suitability is discussed before booking; this is not diagnosis or medical treatment.

02 / CALM & RECOVERY

Make room to pause.

Practical experiences for attention, relaxation and a sustainable personal practice. Participants can choose a comfortable seated position.

05 Meditation & Mindfulness

Thiền và chánh niệm

Guided attention practices, a gentle body scan and everyday mindfulness exercises. An approachable introduction for teams with no meditation experience.

Suggested format: 30-45 minutes | Quiet room; chairs or mats

06 Pranayama & Breathwork

Pranayama và thực hành hơi thở

Explore comfortable, unforced breathing and traditional breath awareness. The group format prioritises gentle techniques, with no competitive breath holding.

Suggested format: 30-45 minutes | Comfortable seating and a quiet room

07 Deep Relaxation & Better Sleep

Thư giãn sâu • Ngủ ngon

Guided relaxation, a body scan and simple wind-down practices for the end of the day. A workshop to explore rest, rather than a promise of improved sleep.

Suggested format: 30-45 minutes | Mats optional; quiet surroundings

08 Sound Bath / Singing Bowl Meditation

Thiền Chuông Xoay

An immersive listening and relaxation experience. Subject to a suitable facilitator, bowls and venue acoustics; sound levels and comfort are agreed in advance.

03 / REFLECTION & SHARED EXPERIENCES

Go beyond the workshop.

Build a programme around reflection, movement and connection - from a thoughtful talk to a longer team experience.

09

Yoga Philosophy

Triết lý yoga

An accessible discussion of yoga beyond the postures: attention, balance, values and daily practice. Optional reflective prompts connect the ideas to work and life.

Suggested format: 45-60 minutes | Talk, discussion and personal reflection

10

Corporate Wellness Retreats

Chương trình wellness dành cho doanh nghiệp

A proposed half-day or full-day experience combining yoga, mindfulness, breathwork and relaxed team reflection. An agenda is designed around your group and venue.

Duration and venue by agreement | Travel, meals and accommodation scoped separately

FITNESS & ART THEMES

A wider creative brief

Our movement formats support a gentle fitness theme. For an art theme, we can explore mindful drawing, creative journaling or an art-led reflection activity as an optional addition.

Art facilitation, materials and any fitness formats beyond this menu require separate confirmation before they are included in a proposal.

04 / SAMPLE TEAM PROGRAMMES

Start with your people.

Illustrative agendas for your next employee event. Both options can be adapted to your group size, workplace, experience level and event goals.

The office reset | 60 min

10 min	Welcome & gentle desk mobility
20 min	Neck & shoulder reset
20 min	Breathwork & mindfulness
10 min	Reflection & take-home practice

Move & unwind | 90 min

10 min	Welcome & movement warm-up
35 min	Yoga practice
30 min	Guided deep relaxation
15 min	Reflection & questions

How we shape your proposal

1. Share your brief. Preferred date and time, headcount, event theme, venue, language and budget range.

2. Agree the experience. We propose an agenda, check yoga teacher or facilitator availability, and confirm space, equipment and accessibility needs.

3. Confirm the quotation. Pricing is prepared after the scope is agreed. The quote specifies facilitation, equipment, travel, materials and any venue costs.

English, Vietnamese or bilingual delivery can be requested; availability is confirmed for each event. Participants can adapt or opt out of any activity. Physical limitations and suitable modifications are discussed before the session.

Plan your next team experience hello@machwellness.com

05 / CORPORATE PRICING

Invest in your team.

Indicative Mạch company rates for yoga or meditation sessions. Mạch coordinates the booking and delivery with the yoga teacher or facilitator.

SINGLE SESSIONS	GUIDE RATE
Up to 10 employees	**₫1.8M** ~US$69 / session
11-20 employees	**₫2.2M** ~US$85 / session
21-30 employees	**₫2.7M** ~US$104 / session
31-50 employees	**₫3.2M-4M** ~US$123-154 / session

SESSION PACKAGES | PAID UPFRONT	
4 sessions Up to 20 people	**₫8M-8.8M / package** ~US$308-338 / package
8 sessions Up to 20 people	**₫15M-16M / package** ~US$577-615 / package
12 sessions Group size agreed	**₫20M-22M / package** ~US$769-846 / package

A programme that fits your budget.

Guide rates are open to discussion based on group size, scope and frequency. Packages are paid upfront; agreed dates can be arranged flexibly.

Other activities, retreats and art additions are quoted separately. Final scope, equipment, travel, venue costs and applicable taxes are confirmed in your quotation.

M = million VND. USD estimates use US$1 ≈ ₫26,000, rounded for reference only. Final quotation and payment are in VND.