

MEET THE TEAM

Nick Osipczak, BSc

- ☯ Archetype: Spiritual Warrior
- ☯ Specialities: Movement, Mindfulness
- ☯ Internationally renowned Tai Chi Master
- ☯ Former world-class professional athlete (UFC)



George Monkhouse, LicAc MBACc

- ☯ Archetype: Urban Shaman
- ☯ Specialities: Healing, Nutrition
- ☯ World-renowned Acupuncturist and healthcare pioneer
- ☯ Expert in natural medicines, pain and stress-relief

Raised Spirit corporate wellness packages utilise ancient Oriental wisdom coupled with modern science and research

WHAT WE DO

- Bespoke wellness packages, contracted for 2 – 12 months, with initial consultation option
- Provide qualitative and quantitative data demonstrating improved health, workplace-satisfaction and productivity in all areas
- Offer ongoing support and consultation during implementation of recommended changes

- Movement classes (developed from years of Tai Chi, Yoga and Martial Arts experience)
- Multi-bed Acupuncture treatments for pain, stress-relief and chronic health problems
- Individual health assessments and lifestyle advice
- Nutritional education and staff canteen recommendations
- Corporate culture adjustments for improved staff efficiency
- Office arrangement for optimal energy flow (Feng Shui)



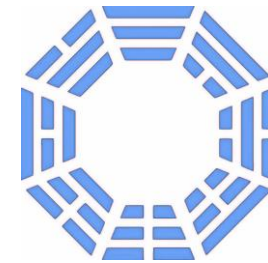
CONNECT

"Mind, body and spirit must align for optimal performance."

Nick Osipczak

"Our corporate leaders always wish they'd hired us years ago when they see how much environment and culture affects productivity and profit margins."

George Monkhouse



+44 7505 033 568

info@raisedspirit.com