

Channelled  
**Prana**  
**Gatherings**

**Wellness Centers**

REMOTE GROUP PROGRAMS

This document can also be viewed as a scrolling web page  
on my website, at the following link

[www.tristanlaurensbernard.com/wellness-centers-remote-programs](http://www.tristanlaurensbernard.com/wellness-centers-remote-programs)

click on the link

## expand your portfolio of offerings with a unique energy practice & experience for your clientele

I'm delighted to share this opportunity with you as I offer tailored remote modalities in the cadre of commercial wellbeing programs.

Sharing the same pranic energy in a group creates a 'feedback loop' which gently harmonizes & enhances the energy for all participants, as it connects to and with everyone together.

My group sessions can either be conducted as standalone or can be integrated into any number of your current courses such as Yoga, meditation, soundbaths etc. to simply 'boost' those with an infusion of focused pranic energy - to help participants take their practice to a higher level.

These programs can be arranged as a one-off / 'pop-up' event or scheduled into your portfolio of offerings, as ongoing daily / weekly / monthly classes.

## remote flexibility / your choice of location

Your members and clients can enjoy these remote sessions either as a regular class attended at your center / studio, or from the comfort and privacy of their home;

You are also welcome to offer both options - in whatever arrangement and sequence works best for your model - thus allowing everyone their personal preference;

Your ability to provide both in-house & at-home platforms in our new world reality of natural work / play / life balance not only highlights your commitment to offering your patrons increased accessibility & convenience - it also amplifies traction and capitalizes on the opportunity for expanded client engagement and participation.



## at your center/studio

Your members and clients have the option to join-in for sessions on-site, at your facility, providing an enriched and branded experience that fosters a stronger sense of community and shared energy.

- Immersive experience with participants in the same space, fostering a deeper sense of collective energy and connection.
- Strengthened brand experience, offering a more integrated and engaging encounter for participants.
- Participants can seamlessly transition from other classes or practices, promoting increased engagement and retention within your space.
- Enhanced opportunities for networking & social interaction, fostering a sense of community and belonging among participants.
- Encourages a deeper sense of motivation and engagement through the shared 'in presence' energy and enthusiasm of fellow participants, creating a supportive and uplifting environment.
- Cultivates commitment and dedication, fostering an environment where participants feel inspired & motivated to embrace each session within the nurturing & supportive space of your studio.



## from home

Your members and clients have the option to join-in for sessions from the comfort of their own homes, enabling a convenient, flexible and familiar approach to engaging with the program.

- Comfort and familiarity of participating from one's own space, allowing for a more relaxed & personal experience.
- No need to block specific space or allocate staff at your center / studio, reducing logistical constraints and operational requirements.
- Flexibility in scheduling sessions at optimal times, accommodating early mornings and evenings before and after regular work hours.
- Ability to extend the Q&A / discussion segment as needed to provide comprehensive support and address participant inquiries thoroughly.
- Easier for individuals with mobility constraints or limited access to transportation, allowing them to participate in sessions without the need to commute.
- Opportunity for a more intimate and private post-session emergence, promoting a deeper sense of relaxation and connection with the energy healing process.

# 1 . 2 . 3

## types of sessions

Embracing a holistic approach to wellness, this tiered system of Pranic energy sessions broadens your portfolio of offerings and offers your members & clients a range of options tailored to their individual preferences;

Thus connecting to more touch-points, and creating a higher resonance.

With the availability of three distinct levels, participants can select the session type that best aligns with their requirements - whether it be an introductory experience, a more in-depth exploration, or a comprehensive, focused immersion; where each session is carefully curated to address specific needs, providing clients with a choice-centric and enriching journey towards holistic well-being and self-discovery.

# Channelled Prana Gathering

LEVEL ONE  
EXPLORE

## Session Focus

In this discovery session, the energy's primary focus is to help you genuinely experience and connect with its tangible flow.

The energy will also be channelled towards the following themes:

general wellbeing  
overall relaxation

ENERGY  
DIFFUSION | 5-7 days

LEVEL ONE

EXPLORE

SESSION DURATION

45min

CONTRIBUTION

free of charge  
'pay it forward' principle

This is a discovery session, designed to familiarize your members and patrons with the channelled energy and to demonstrate the distinctive value Lv2 and Lv3 sessions offer.

You are welcome to leverage these complimentary sessions as a strategic opportunity to expand your marketing outreach, amplify traction, and entice a wider audience of potential new customers, thereby fostering added growth for your business.

If you find it more conducive for your clientele, this session can be streamlined to a 30min format by excluding the Q&A / discussion segment.



# Channelled Prana Gathering

LEVEL TWO  
EXPERIENCE

## Session Focus

The energy will be channelled towards the following themes:

rebalancing / energising  
of your 7 major chakras

general wellbeing

ENERGY  
DIFFUSION | 7-10 days

LEVEL ONE

## EXPERIENCE

SESSION DURATION

60min

PRANA ENERGY  
APPLICATIONS

[click on the link](#)

CONTRIBUTION

donation based  
with minimum suggested amount

OR

energy exchange  
fixed price

These sessions are focused on specific energy work themes and can also be structured as a series of sessions, following any preferred progression or cycle (e.g., one session per chakra, as illustrated in the theme outlined here).

Additionally, these sessions can seamlessly complement other modalities offered at your wellness center, such as meditation, gentle yoga, sound baths, and other healing practices.

This integration serves to amplify the energy, enhance immersion, and act as a catalyst for a deeper and more enriching experience.

# Channelled Prana Gathering

LEVEL THREE  
EXCELERATE

## Session Focus

The energy will be channelled towards the following themes:

focus on what *you* need most  
here and now

focus on one specific issue  
*you* wish to bring forward

ENERGY  
DIFFUSION | 10-14days

L E V E L O N E

EXCELERATE

SESSION DURATION

90min

CONTRIBUTION

energy exchange  
fixed price

PRANA ENERGY  
APPLICATIONS

[click on the link](#)

This immersive session fosters an amplified connection with Pranic energy and goes beyond the collective, offering participants an individual experience that hones-in on their unique energetic requirements and ventures to the core of each person's needs & deeper aspirations.

The heightened energy in this session focuses on the underlying aspects that contribute to individual well-being & personal growth while serving as a catalyst for tangible, positive change, resonating deeply within each participant's unique energetic blueprint.

While these sessions can certainly be complemented by other modalities as in Lv2 (such as sound baths, yoga savasana etc. to transition participants into the enhanced energy flow), the main focus here is the actual 'deep session' infusion of pure pranic energy.

# how a session is structured

The session starts with a brief introduction to the fundamentals of pranic energy and my role in the process. I then lay out the session's sequence, inviting participants to make themselves comfortable (seated or lying down) and to close their eyes in preparation for the main 'channelled energy' part of the session. My guiding voice accompanies them up until the first few moments, to facilitate their immersion into the energy flow.

After the energy work is complete, participants are gently guided to reorient themselves at their own pace. A brief explanation follows on how the energy will 'diffuse' and integrate within them in the days to come, emphasizing the practical implications in their daily lives - leading seamlessly into the Q&A / discussion segment, for which participants can choose to engage actively or conclude their experience as observers without any pressure to participate further.

Prior to joining a session / during the booking process, participants will receive a 'session guide' link (such as the one here on the right) by your center's usual method of direct messaging with its members (i.e. WhatsApp / email).

This link will allow participants to familiarize themselves with their upcoming session experience

although it's not mandatory for them to review the information beforehand as I will guide them along the way



**SESSION GUIDE**

click on the link

# design / brand kit / visual marketing assets

As part of my holistic and integrative approach, you are welcome to leverage from my design, branding and marketing assets in order to simplify your marketing of our collaborative programs and to streamline customer engagement.

Visual cohesion and appeal are essential elements to help increase visibility, traction and interest, as well as promoting customer confidence and building trust - particularly for intangibles / services, and especially those offered remotely.



quad-panel social media story / reel mockup with co branded content and private, dedicated website link

# private branded website page

Again, as part of my holistic approach and penchant for inclusion, you are welcome to have your own branded page on my website, with a personalized URL to match:



[www.tristanlaurensbernard.com/yourbrandhere](http://www.tristanlaurensbernard.com/yourbrandhere)

click on the link

In the landscape of remote and intangible services, it is important to maximize and consolidate our digital brand presence and collaboration, as it furthers confidence and fosters trust for your clientele.

This page would be private (only accessible to those with the above link) and would essentially be a showcase of our collaboration, featuring info on the programs we run together through your center/studio etc.

To confirm, this page is only a showcase - the scheduling & booking engine remains in your hands alone (through your website / mobile app / call center).

## numbers that make sense

For our collaboration, I am happy to offer your wellness center/studio a better rate that exceeds your standard percentage commission from visiting practitioners – allow me to explain why;

These remote group session programs serve me equally as a PR and marketing tool, as my practice also focuses on fostering private one-on-one sessions. Hence, our collaboration holds even more value to me, as your wellness center/studio presents an excellent outreach opportunity for potential private bookings through your members & clients and their extended networks.

The Universe's perpetual tilt towards the positive ensures that abundance flows effortlessly within the true celestial balance of a trinity system, creating a mutually beneficial 'win-win-win' outcome for everyone here: your members & clients, your center/studio, and myself.

And to facilitate the process for your clientele, all individual bookings and associated payments are managed through your center/studio. This unified approach seamlessly blends these offerings into your existing portfolio of services and membership packages, ensuring a convenient and hassle-free experience for your valued patrons.

exclusive pricing  
on private sessions  
for your members

Your members & clients also benefit from an across-the-board 10% discount on my private sessions.

a small gift from (me to) you to them

free private sessions  
for your  
influencers / KOLs

I'm delighted to extend you a few private one-on-one sessions to offer those you consider to be influencers and KOLs (key opinion leaders) among your members/clients. Ultimately, expanding our reach and amplifying our collaborative program's sphere of influence benefits us both.

KOLs are similar to influencers in that they have influence: a KOL has a significant following made-up of people who care about their values, and often, those people are willing to commit their own resources towards things that the individual deems worthy.

# try me first, of course

Personal experience being the ultimate testament to authenticity, I invite you (and anyone else you wish) for a complimentary remote session.

In the realm of energy work, genuine practitioners are elusive, as the field is crowded with varying levels of expertise and authenticity, with many also practicing energy modalities acquired as a learned skillset.

What I offer is something quite different, borne from an innate ability/gift fostered since early childhood (as part of a chosen design for this lifetime) – and as such it is best experienced first-hand, for even in a world of energy practices, it is not that common.

I look forward to sharing this space with you, from the other side of the world, for you to discover this unique experience and the potential benefits that my approach can bring to your valued clientele.

I also invite you to browse the rest of my website to get better acquainted with my energy work and find answers to any questions you may have regarding the (celestial) mechanics of it all.



and down the line,

Once our collaboration thrives and demonstrates a strong mutual synergy, I would be thrilled to explore the opportunity of conducting in-person sessions / workshops etc. as a visiting practitioner, in any format conducive to this outcome (e.g. at your center/studio or as part of an organized retreat etc.).

This step, taken down the line, would allow for a deeper, more immersive experience for your clientele, fostering a heightened sense of connection and engagement. Also, even though the energy makes no distinction with regards to space & distance, there's a special focus that's inherently unique about the human bond & being in close personal proximity.

I look forward to the potential of this future collaboration and the enriched experiences it would bring for all involved.

# get in touch

I look forward to hearing from you

you're welcome to either email or WhatsApp me here  
and we'll schedule a face / voice call.



 **tristan**laurensbernard