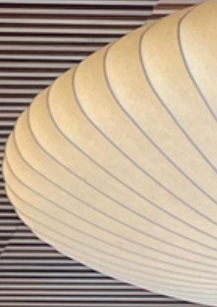


arc
Wellness Menu



the arc approach

arc is a mobile wellness studio specializing in thoughtfully managed onsite programming for hospitality and retreat environments. Each session is designed to feel calm, accessible, and naturally aligned with the pace and setting of the property.

Our offerings emphasize mindful movement, gentle strength, and restorative experiences that integrate seamlessly into a guest's stay. Classes are intentionally welcoming and suitable for beginners, casual participants, and experienced practitioners alike.

arc provides vetted instructors, onsite equipment, and refined class formats that integrate naturally into the existing guest experience. Programming may be structured as recurring weekly classes, seasonal offerings, or privately booked sessions depending on the property's needs.

The intention is to create a wellness presence that feels considered, serene, and appropriate to the environment.

Align. Renew. Connect.

Wellness, wherever your journey takes you

align

energizing movement sessions

yoga

A thoughtfully guided, all-levels practice designed to feel grounding, accessible, and appropriate for a wide range of participants. Sessions blend gentle flow, breath awareness, and mindful movement in a calm, structured format suitable for hospitality and corporate environments alike.

Ideal for: recurring weekly classes, guest programming, and accessible movement for mixed experience levels

mat pilates

A composed, low-impact session centered on core strength, posture, and controlled movement. The pacing is steady and intentional, offering an energizing yet approachable experience that supports alignment and overall body awareness.

Ideal for: structured wellness programming, core-focused sessions, and low-impact strengthening for guests and groups

chair yoga

A supportive movement format designed to improve mobility, circulation, and overall ease of movement. Particularly well-suited for inclusive group settings and participants who prefer a gentler, seated approach to wellness.

Ideal for: corporate wellness sessions, inclusive programming, and settings where no mats or floor work are preferred

yin yoga

A slow, grounding practice focused on long-held postures that gently release tension, support flexibility, and encourage stillness. Sessions are intentionally quiet and measured, offering a deeply calming complement to more active movement formats.

Ideal for: slower guest sessions, mobility and flexibility support, and participants seeking deep stretching and mindful stillness

restorative yoga

A fully supported, deeply restful practice using props and gentle positioning to promote relaxation, nervous system regulation, and physical ease. Designed to feel accessible, nurturing, and appropriate for a wide range of participants.

Ideal for: evening guest programming, recovery-focused sessions, and promoting deep relaxation and nervous system reset

sound baths

A guided relaxation experience using sound and vibration to support mental clarity, stress reduction, and overall restoration. Participants remain comfortably seated or reclined while the session unfolds in a calm, structured format suitable for both group and private bookings.

Ideal for: evening programming, retreat-style guest experiences, and supporting relaxation, mental reset, and quiet reflection

meditation

A guided practice designed to support mental clarity, presence, and nervous system regulation. Sessions are calm, accessible, and structured to suit both individual guests and small group environments.

Ideal for: corporate wellness sessions, guest programming, and supporting mental clarity, focus, and stress reduction

breathwork

A steady, guided breathing session focused on relaxation, focus, and emotional balance. Techniques are approachable and paced intentionally to feel safe, inclusive, and appropriate for a wide range of participants.

Ideal for: corporate wellness sessions, guided group experiences, and supporting regulation, focus, and stress reduction

yoga nidra

A guided, non-sleep deep rest practice conducted in a reclined position to promote profound relaxation and mental recovery. Particularly well-suited for guests seeking restoration without physical exertion.

Ideal for: afternoon or evening programming, corporate wellness sessions, and deep rest and nervous system recovery