



WELLNESS MASTERCLASSES: TAILORED FOR TEACHERS AND STAFF WELL-BEING

By Keep Evolving



Wellness Masterclass Packages for Schools

We understand the challenges educators face and the importance of supporting staff well-being in a meaningful, affordable way. These wellness masterclasses are designed to energise, educate, and empower your team - without straining your school's budget.





Package Options (Estimated Cost per Person)

**Starter Session:
R200pp**

Minimum group size: 10 people

Duration: 60–75 minutes

Includes:

- One expert-led masterclass presentation
- Practical tools for stress resilience, energy, or mindfulness
- Take-home resource (printed or digital)
- Light movement or breathwork integration

Wellness Focus Session: R250 pp

Minimum group size: 10 people

Duration: 90 minutes

Includes:

- One in-depth masterclass presentation
- Guided breathwork or mindfulness experience
- Printed workbook or downloadable toolkit
- Follow-up resource with practical tips for the term



**Full Wellness Morning: Flat rate
R4,500 – R5,000**

For groups of 15–30 people.

Duration: 2–2.5 hours

Includes:

- Two expert facilitators
- Themed wellness presentation (e.g., Energy & Burnout Recovery, Mindfulness in the Classroom, Nutrition for Focus)
- Light breathwork or gentle movement session
- Staff wellness gift or toolkit
- Q&A or group engagement session





Topics We Can Cover:

- Managing stress and avoiding burnout
- Nutrition to support energy and immunity
- Mindfulness and classroom calm
- Gentle movement for long teaching days
- Building emotional resilience in high-pressure roles

Please note: These are general pricing guidelines. We are happy to adjust packages to suit your needs and will always offer a fair, competitive rate aligned with the education sector.





GET IN TOUCH

We look forward to the opportunity to collaborate with you and your team to create a healthier, happier workplace.

Warm regards,
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Keep Evolving

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Visit www.keepevolving.co.za to view testimonials and videos.