

Lindsey Kraten

Sound Meditation · Retreat Planning · Corporate Wellness



Your next leadership offsite should leave your team feeling genuinely different. Not just informed, but transformed.

What I do

I help companies plan and execute leadership offsites and wellness retreats that actually move people. I balance intention with logistics so your team arrives, exhales, and leaves genuinely changed.

What's Included

- Discovery call to understand your goals
- Full retreat concept and agenda design
- Venue research and recommendations
- Vendor coordination
- Dietary and meal experience planning
- Day-of coordination upon request
- Optional: sound meditation or dining

Who this is for

- HR directors planning leadership offsites
- Companies who want their next offsite to feel intentional and restorative
- Executive teams wanting a meaningful alternative to the standard conference room retreat

What makes this different

Most event planners know logistics. I know what a retreat needs to feel like from the inside- the flow of energy across a day, the role food plays in holding a group together, the moment when a room full of people finally lets go. I've been the chef, the sound practitioner, and the logistics coordinator all at once. When you hire me, you get all of that perspective working for you.

Investment

Corporate offsite and retreat planning — from \$8,000

Full service including sound meditation — from \$15,000

Full service including sound meditation and retreat dining — from \$22,000

All engagements begin with a complimentary discovery call.

Ready to plan something your team will still be talking about next quarter?

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