



LIV_{unLtd}

Experiences

2025

Mold. Meditate. Manifest.

Find Your Flow with Clay & Calm

~ Page 12

Where Mindfulness Meets Creativity:

Inside the Blooming Success of Balance & Blossom

~ Page 8

ELEVATE YOUR SPACE WITH EXPERIENCES BY LIVUNLTD

Bring your workplace, building, or community to life with Experiences by LIVunLtd - a curated selection of engaging fitness, wellness, and lifestyle events designed to foster connection, creativity, and well-being. Whether it's an invigorating group fitness class, a hands-on wellness workshop, or a unique team-building activity, our experiences create meaningful moments that inspire and unite.

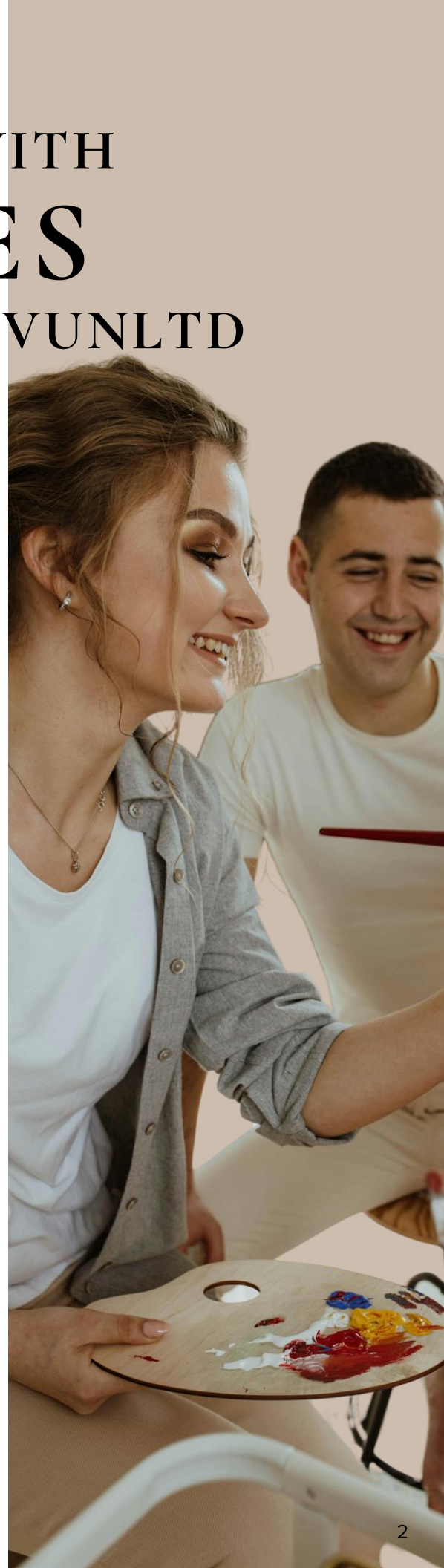
With on-site experiences led by expert facilitators, we make it easy to host high-quality, stress-free events tailored to your needs. From concept to execution, our team handles every detail - ensuring a seamless, impactful experience that leaves a lasting impression.

Booking Your Experience is Simple!

- 1 Browse our offerings - Continue reading or visit us online at [ExperiencesbyLIV.com](https://www.experiencesbyliv.com) to explore our full selection.
- 2 Select your event details - Choose the number of attendees, date, and time that work best for you.
- 3 Let LIVunLtd handle the rest - We'll take care of everything, from expert instructors and materials to event marketing and space coordination (if needed).

Ready to create an unforgettable experience?

Let's bring your vision to life! Contact us today or complete the booking form to get started.



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Creating Meaningful Connections & Elevating Engagement with LIVunLtd

In today's fast-paced world, fostering a sense of community is more important than ever. Whether you're managing a **residential building, corporate space, or mixed-use property**, creating opportunities for connection can significantly impact tenant satisfaction, employee well-being, and long-term retention. At LIVunLtd, we specialize in transforming spaces into vibrant, engaging environments where people feel valued, connected, and inspired to **LIV UNLIMITED**.

Enhancing Tenant & Employee Retention

A well-connected community isn't just a perk - it's a powerful retention tool. Property managers and corporate leaders alike understand that happier tenants and employees lead to greater stability and loyalty. Our **Experiences by LIVunLtd** offer thoughtfully curated fitness, wellness, and lifestyle events designed to bring people together, foster meaningful relationships, and create lasting memories. Whether through a group meditation session, a hands-on candle-making workshop, or an energizing fitness class, we provide dynamic experiences that elevate day-to-day life.

The ROI of Community Engagement

Investing in meaningful experiences isn't just about adding amenities - it's about driving long-term value. Studies show that engaged communities experience higher retention rates, increased referrals, and improved overall satisfaction. For corporations, workplace wellness initiatives can boost productivity, morale, and reduce burnout, ultimately leading to stronger employee retention and lower turnover costs. By bringing expertly led programming directly to your space, we make it easy for property managers and businesses to see a measurable return on investment while enhancing the daily lives of their tenants, residents, and employees.



Seamless, Stress-Free Execution

At LIVunLtd, we handle every detail - from program curation and event logistics to on-site coordination - ensuring a seamless and hassle-free experience for property managers and corporate leaders. With our extensive expertise in hospitality and lifestyle management, we help you create an environment where people don't just live or work - they thrive.

Let's Elevate Your Space

Whether you're looking to increase tenant engagement, boost workplace morale, or differentiate your property with standout amenities, LIVunLtd is your partner in building a connected, engaged, and inspired community. Ready to get started? Let's create an experience that makes your space unforgettable.

BALANCE + BLOSSOM

A Team Wellness Experience

Give your team a refreshing break from the daily grind with Balance + Blossom - an immersive floral experience designed to reduce stress, spark creativity, and strengthen workplace connections.

We begin with a guided meditation to set a mindful and inspiring tone, helping your team feel centered and engaged. Then, with expert guidance and fascinating floral insights, participants will create their own beautiful arrangements, using flowers as a medium for self-expression and relaxation.

Why Your Team Will Love It:

- Relieves work-related stress and boosts well-being
- Encourages team bonding in a fun, creative setting
- Inspires fresh thinking and self-expression
- Creates a calming, uplifting atmosphere
- LIVunLtd provides all necessary supplies - your team just needs to show up and enjoy the experience! We will also provide marketing posters and social media posts.



Ready to refresh your team's energy and let creativity bloom?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST

Can accommodate groups up to 30 participants

THE BLANK CANVAS

A Corporate Creativity Experience

Empower your team with a unique, hands-on experience designed to boost morale, spark innovation, and strengthen workplace connections. The Blank Canvas merges mindfulness and art to encourage self-expression, fresh thinking, and a renewed sense of purpose.

The session begins with a guided mindfulness exercise to clear the mind and inspire creativity. Then, with a blank canvas as their starting point, participants will explore intuitive painting - creating something meaningful and personal, free from rules or expectations.

Why Your Team Will Love It:

- Enhances focus and productivity
- Reduces stress and boosts emotional well-being
- Fosters creative problem-solving and innovation
- Strengthens team collaboration and morale



Ready to unlock creativity and turn a blank canvas into inspiration?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST

Can accommodate groups up to 30 participants

SOUND JOURNEY

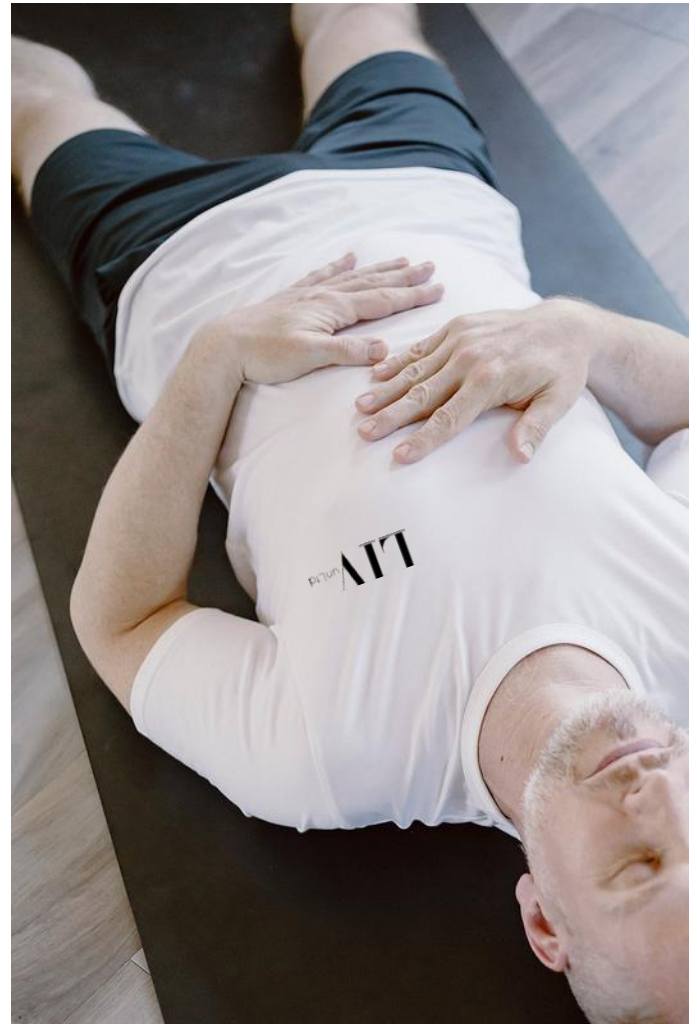
A Deep Relaxation Experience

Immerse your team in the healing power of sound, where crystal bowls and other soothing instruments create waves of harmonious vibrations to melt away stress and tension.

Set in a tranquil, candlelit space, Sound Journey promotes deep relaxation, helping participants quiet their minds, release anxiety, and restore balance. This immersive experience is designed to leave your team feeling refreshed, recharged, and deeply at peace.

Why Your Team Will Love It:

- Reduces stress and anxiety
- Encourages deep relaxation and mental clarity
- Enhances sleep quality and overall well-being
- Creates a calming, restorative atmosphere



Ready to relax, recharge, and immerse in the power of sound?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1050 + HST
Can accommodate any group size.

CASE STUDY: Balance & Blossom at TJX Canada: A Moment of Mindfulness, Creativity, and Community Giving

In the bustling environment of corporate life, it's not often that you find 40 colleagues gathered in quiet reflection, surrounded by fresh flowers and the soft hum of guided meditation. But that's exactly what happened during our recent Balance & Blossom experience at TJX Canada - and the result was as beautiful as the bouquets they created.

Hosted on-site, this interactive wellness session began with a calming meditation led by one of our certified mindfulness instructors, inviting participants to slow down and reconnect with themselves. With a refreshed mindset, the group transitioned into a guided floral arranging workshop, where they hand-crafted personalized arrangements using fresh, seasonal blooms. While the event was designed to reduce stress and spark creativity, what made it truly special was what came next: participants chose to donate their arrangements to a local women's shelter.

This spontaneous act of generosity transformed an already meaningful experience into something even more impactful - spreading beauty and kindness beyond the workplace walls. It was a powerful reminder that wellness isn't just about self-care - it's also about community care.



Participant Feedback:

"This was such a relaxing break from our usual day - and knowing our flowers would brighten someone else's made it even better."

"I didn't expect to enjoy this so much. The mindfulness part really helped me reset, and creating something with my hands felt amazing."

At LIVunLtd, we believe experiences like these are more than just events - they're opportunities to connect, reflect, and give back. We're proud to have partnered with TJX Canada to bring Balance & Blossom to life in such a meaningful way.

Now booking Spring & Summer 2025 across the GTA. Let's bring beauty, balance, and purpose to your organization.

Visit <https://www.experiencesbyliv.com> to learn more or book your experience today.



Creating a world where
optimal health
is accessible to all.

WHY OPTIMAL BY LIVUNLTD

Optimal by LIVunLtd brings professional wellness events and resources to your team - regardless of where they are. Offering 80 + scheduled classes per week, workshops, challenges and more, there is something for everyone on Optimal!

OUR VIRTUAL SERVICES INCLUDE

- **LES MILLS** On Demand Exclusive Content
- Live Fitness Classes
- Mindfulness Sessions
- Stretch Breaks
- Nutrition Programs
- Wellness Coaching
- Educational sessions
- Wellness Challenges
- Personal Training
- 1000's of on demand videos
- Customer Support
- Web portal & mobile app
- And more!

[Click here](#) to learn more about how LIVunLtd is enhancing the wellness of our virtual clients.

TRY OPTIMAL FOR FREE!

Start your free trial today!
Get 14 days of full access then decide if Optimal is right for your team! Contact us to get started!

Want to make your brand shine? Optimal can be *fully branded* to your organization, including app, marketing, etc., letting your name be front and centre. Ask us about our branded solutions today!

Contact Us

virtualbyliv.com
virtual@livunltd.com

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THE ART OF CANDLE MAKING

A Wellness & Creativity Experience

Engage your team in a soothing, sensory-rich experience that blends creativity with self-care. The Art of Candle Making invites participants to explore the craft of hand-poured candles, customizing their creations with delightful scents and personal touches.

As they immerse themselves in the process, guests will cultivate mindfulness, reduce stress, and connect with colleagues in a warm, inviting atmosphere. This hands-on workshop is the perfect blend of relaxation, creativity, and team bonding.

Why Your Team Will Love It:

- Relieves stress and promotes relaxation
- Encourages mindfulness and self-care
- Fosters connection and team camaraderie
- Creates a personalized keepsake to enjoy



Ready to spark creativity and relaxation with a hands-on experience?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1200 + HST
Can accommodate up to 30 participants.

DISCOVER YOUR GLOW

An Aura Insight Experience

Help your team tap into their energy, confidence, and inner potential with this immersive experience. Discover Your Glow guides participants on a journey of self-awareness, empowerment, and inspiration through personal aura readings.

Each guest will explore the unique colors of their aura, gaining deep insight into their energetic blueprint. This one-of-a-kind experience cultivates positivity, enhances motivation, and encourages personal growth - all while fostering meaningful connections.

Why Your Team Will Love It:

- Boosts self-awareness and mindfulness
- Encourages a positive mindset and motivation
- Increases self-confidence and personal empowerment
- Creates an uplifting and enlightening team experience



Ready to tap into your energy and uncover the colors of your aura?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate up to 30 participants.

CLAY & CALM

A Mindful Creativity Experience

Encourage your team to unplug, unwind, and get creative with Clay & Calm - a hands-on experience that blends mindfulness with artistic expression. Through soothing clay-shaping techniques and guided moments of reflection, participants will discover the meditative rhythm of working with their hands.

This tactile experience promotes relaxation, presence, and self-confidence, allowing each guest to find stillness in the creative process while crafting their own unique piece.

Why Your Team Will Love It:

- Improves hand-eye coordination and dexterity
- Encourages relaxation and mindfulness
- Unleashes creativity and self-expression
- Boosts confidence through hands-on artistry



Ready to slow down, get hands-on, and find stillness in creativity?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate up to 30 participants.



UNLEASH YOUR PEAK PERFORMANCE

PREMIUM COMMERCIAL & HOME FITNESS EQUIPMENT

From elite training facilities to inspiring home gyms, we provide industry-leading cardio and strength equipment engineered for results. Whether you're outfitting a club, training center, or your personal workout space, our expert team is ready to help you bring your vision to life.

Explore our full range of fitness solutions at:

LifeFitnessCanada.com

LifeFitness

**HAMMER
STRENGTH®**

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LIVunLtd.com

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ROOTS & RENEWAL

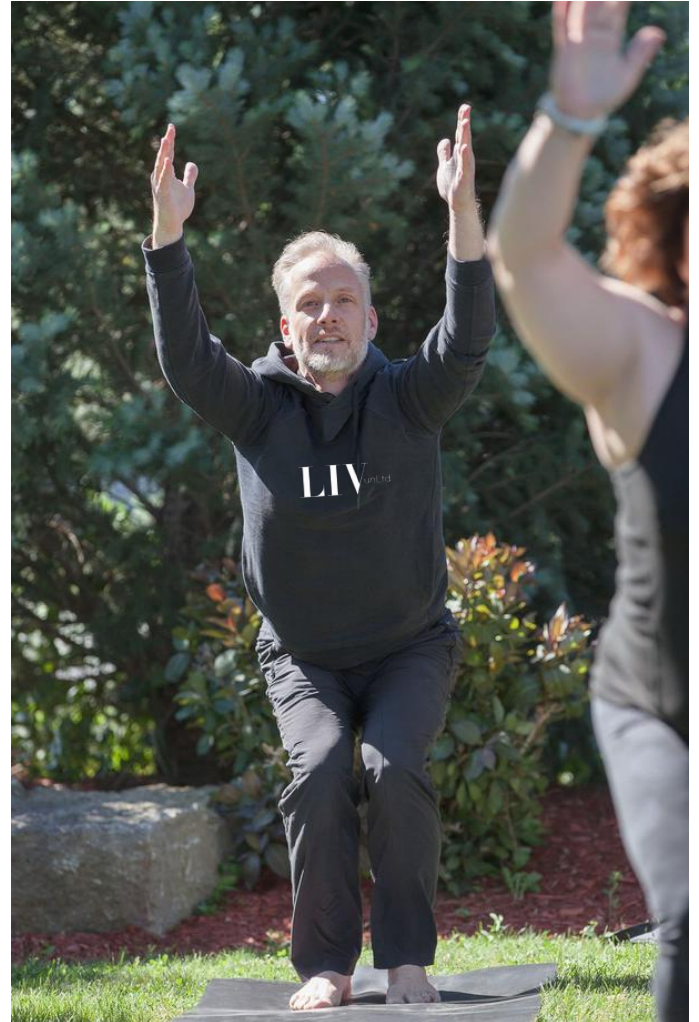
A Growth & Wellness Experience

Reconnect with nature and well-being in Roots + Renewal, an uplifting experience that blends mindfulness, movement, and greenery. Beginning with a grounding yoga practice, participants will cultivate a sense of calm before getting hands-on with their own plant.

Each guest will receive a plant to re-pot while learning about its benefits, care, and connection to a healthier environment. As their plant flourishes, so too will their creativity, mindfulness, and overall well-being.

Why Your Team Will Love It:

- Enhances mood and reduces stress
- Improves air quality and promotes well-being
- Encourages environmental awareness and mindfulness
- Creates a lasting reminder of growth and renewal



Ready to plant the seeds of wellness and watch your team thrive?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1350 + HST
Can accommodate up to 30 participants.

CRAFTING WITH RESIN

A Creative Team Experience

Unleash your team's creativity with Crafting with Resin, a hands-on experience where participants will explore the versatile and vibrant world of resin art. Guided by expert instruction, each guest will learn the fundamentals of resin crafting while creating one to two unique pieces of their choice.

This workshop encourages patience, precision, and artistic expression, while fostering a sense of community and shared creativity. Whether designing a keychain, jewelry, or a bookmark, each piece becomes a personalized keepsake and a reminder of the experience.

Why Your Team Will Love It:

- Develops a new and exciting skill
- Encourages relaxation and self-expression
- Cultivates patience, precision, and mindfulness
- Strengthens team connections through shared creativity
-



Ready to create something unique and unforgettable?

Contact us with any questions or complete the booking form to reserve your event today!

[CLICK HERE](#) to book your Experience!

Event Information

Pricing for this event starts at \$1150 + HST
Can accommodate up to 30 participants.

LIVunLtd Fitness Management: Elevating Workplace Wellness

LIVunLtd Fitness Management is a premier provider of workplace wellness solutions, specializing in the management of corporate fitness centers and the delivery of comprehensive wellness programming. We partner with organizations to create customized, high-touch fitness experiences that enhance employee well-being, engagement, and productivity.

Our expertise includes facility design, staffing, operations, and programming, ensuring that every fitness center we manage is not just a gym but a hub for employee health and community building. We offer cutting-edge group exercise classes, personal training, wellness programs, and on-site activations tailored to each company's culture and workforce needs.

For organizations without a dedicated fitness space, we provide Optimal, Your Corporate Gym Online - a virtual wellness platform designed to bring high-quality fitness and wellness experiences directly to employees, no matter where they are.

We're excited to connect with leaders who understand that investing in employee and tenant well-being leads to stronger, healthier, and more engaged teams and communities. Whether you have a corporate fitness center or are looking for innovative ways to bring wellness into your space, LIVunLtd offers scalable solutions tailored to your needs.

Let's redefine workplace wellness together! Book your free chat to explore how we can bring the best in fitness, wellness, and lifestyle management to your organization.

Contact LIVunLtd today!

info@livunltd.com



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