



About Us

Sacred House is dedicated to the highest quality of wellness services and trauma informed care delivered with ingenuity, creativity and innovation.

Recognizing how an individual's history of trauma may influence his or her health, relationships, and ability to adopt healthy behaviors, integrating a trauma-informed approach/training is the first step to creating a eradicating some of the issues in our community.

Pricing & Booking Options

Single Sessions

Pick 1-2 Categories

60 min to 90 min or FULL DAY

Programs

Quarterly Sessions

4x a year

Monthly Sessions

1-4x a week

Get In Touch

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www.sacredhousemd.com →



Vendor Services

Add Sacred House to your curriculum, organization or employee benefits plan.





Movement Therapy

- Yoga
- Movement + Stretch Therapy
- Dance Therapy class, workshops, special events

Mental Wellness

- Yoga
- Meditation
- Mindfulness 101
- Trauma Release Techniques



Our Offerings

01

Programs
4, 8, 16 weeks

02

Professional Development
Single, Monthly, Quarterly

03

In School Events
Assembly, Workshops, Small Group Sessions

04

Parent Events
Parent Engagement

Arts + Creative

- Dance
- Music
- Creative Writing
- Drama
Comedy Clinics

Social Emotional

- Conflict Resolution
- Trauma Informed Tools
- Anti-Bullying Breakout
- Alternatives to Violence
- College Prep + Intro to Entrepreneurship

Specialty Events

- Sip + Paint
- Comedy Show
- Wellness Vendor Fair
- Brunch + Learn
- The Link-Up. Assembly