

# Gather Well

Private Events & Experiences











THE WELL

NEW YORK

# THE WELL New York

Adjacent to Union Square Park and just steps off 5th Avenue, THE WELL New York is a 13,000-square-foot holistic medical wellness center in the heart of New York City.

Through design choices, high-touch amenities, vetted products, well-sourced ingredients and more, THE WELL makes taking care of yourself feel easy again.

-  Restaurant & Retail
-  Library & Relaxation Lounge
-  Meditation Dome
-  Mindful Movement Studio
-  Private Training Gym
-  Locker Rooms
-  Full Service Spa & Recovery Room
-  Eastern & Western Medical Practice



# We're Powered by The World's Best Practitioners

Our care team is made up of the best doctors and healers in the world. They are *New York Times*-best-selling authors, former presidential advisors, major league sports team doctors and more.

150+ YEARS OF  
EXPERIENCE

3 NEW YORK TIMES  
BEST SELLERS

3 PROFESSIONAL SPORTS  
TEAMS TREATED

1 PRESIDENTIAL  
ADVISOR



Frank Lipman  
(Chief Medical Officer)



Aimee Raupp  
(Head of Chinese Medicine)



Doris Lopez  
(VP, Health & Healing)



Pilin Giddings  
(Director, Health Coaching)



Jessica Sowards, MS, LAc  
(Chinese Medicine &  
Acupuncture Lead)



Ananta Ripa Ajmera  
(Director, Ayurveda)



Lia Avellino  
(Director, Head & Heart)



Valerie Oula  
(Director, Vibrational Energy)





## BEING TOGETHER IS A REASON TO CELEBRATE

Studies show that time spent in community with one another is good for our health.  
At THE WELL New York, we take it up a notch by creating experiences that allow you to safely gather together, bringing your vision for your event to life in beautiful, healthy spaces with healing services and nutritious (yet delicious) food.



# However You Gather, Gather Well.



## TEAM BUILDING & CORPORATE EVENTS

Enjoy some much-deserved wellness with your hardworking teammates, from full-day off-site meetings to foot rub happy hours to team lunches.



## FAMILY & SOCIAL EVENTS

Surround your guests with wellness, whether you're celebrating a birthday, anniversary, bride or groom-to-be, or baby on-the-way.



## BUYOUTS & VENUE RENTALS

Better than a blank canvas. Take advantage of spaces designed with wellness in mind as the backdrop for your event.



## PRIVATE DINING

From birthday parties and family dinners to book launches and board meetings, we bring high-quality, local and organic ingredients to the table.

# Bringing Your Event To Life

Tapping into our expert Practitioners across a wide range of wellness services, we can customize your event with our programming, classes and services.



Vibrational Energy Healing  
(Group Tapping, Reiki & Gong Baths)



Foot Rubs



Food As Medicine



Vitamin Infusions



Health Coaching



Group Talks



Meditation



Mindful Movement  
(Yoga, Pilates, QiGong Classes)



Ayurveda



Skin Health



Massage Therapy



Acupuncture





## We all need a little extra support these days.

Allow us to curate an experience that uniquely supports your guests and their needs.



Stress Support



Burnout



Emotional Wellbeing



Self care



Food As Medicine



Sleep Support



Emotional Support



“Unplugging”



Challenging Anxiety



Facing Challenges



Wellness In A  
Remote Workplace



Navigating Through  
COVID

# Sample Programming For Full Or Half-Day Team Retreats

Contact our team for  
a programmed schedule  
that suits your team.



WELCOME  
INTENTION  
SESSION &  
MEDITATION



MINDFUL  
MOVEMENT  
CLASSES



THERMAL  
LOUNGE  
EXPERIENCE



LUNCH &  
LEARN WITH  
A HEALTH  
COACH



COMMUNITY  
ACUPUNCTURE



GROUP  
TAPPING



PRIVATE DINING  
& CATERING FOR YOUR EVENT

We are committed to *sourcing high-quality, local and organic ingredients* whenever possible because we know *choosing nutritious food* is one of the most important things we do each day to improve our health and well-being.

Contact our team for this season's menus and pricing.





We would love to find ways to further customize your event, including:

- Customized Robes
- Curated Gift Bags
- Offsite Catering
- Tarot Card Readings
- Sessions with Astrologist
- Digital Programming
- Overnight Retreats to  
The Mayflower Inn & Spa





REST & RECOVERY ROOM





















DRY SAUNA





TREATMENT ROOM









# Floor Plans





# Floor Plans





Thank you for your interest in hosting a private event at THE WELL New York.  
For inquiries please contact our Event Sales Manager, Jill Levy:  
[jill.levy@the-well.com](mailto:jill.levy@the-well.com)





Thank You

