

SYNCHRONI



PRIVATE & CORPORATE EXPERIENCES



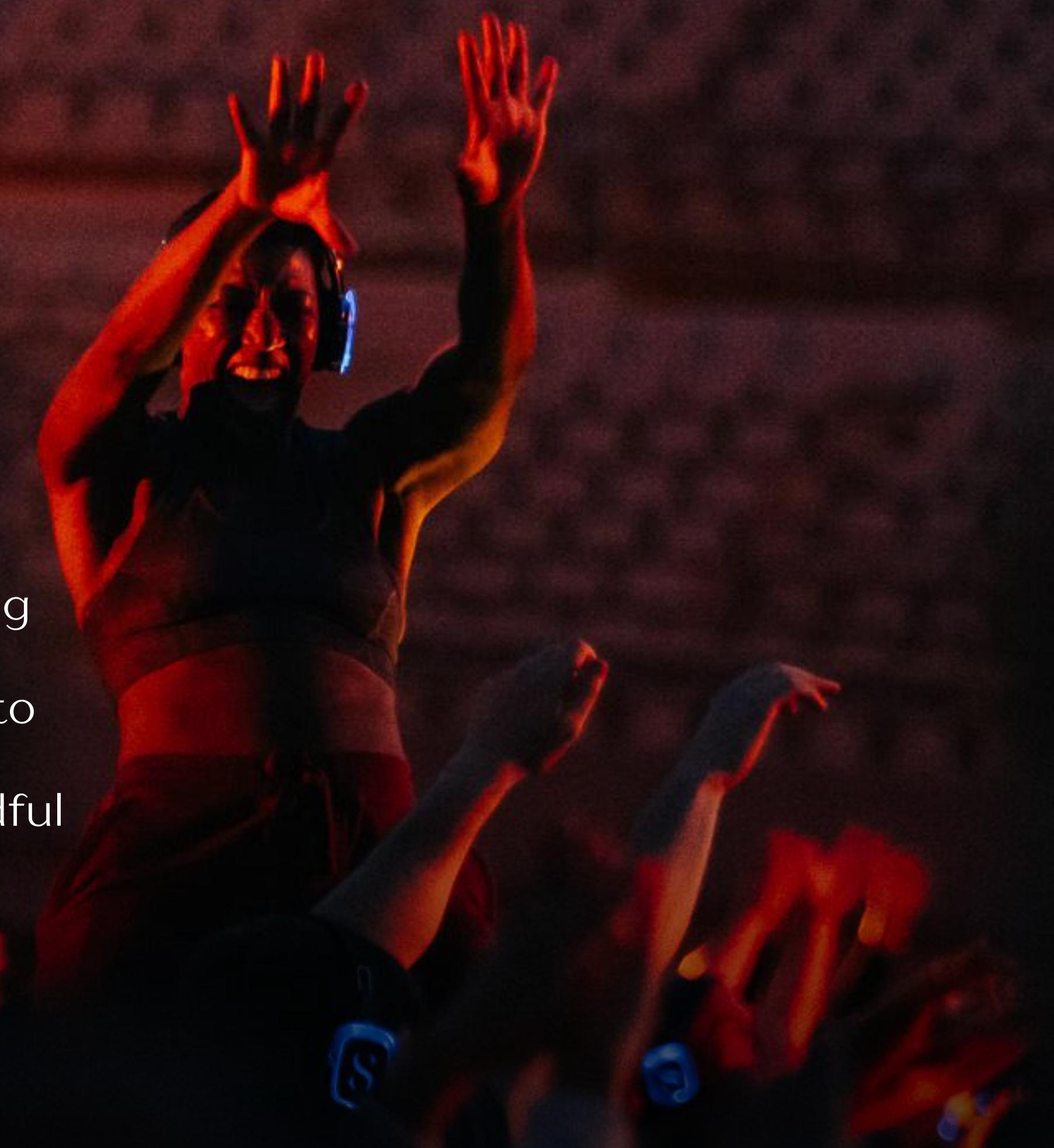
Our Purpose

Cultivating a worldwide community of
happiness and fulfillment through
elevated consciousness and connection.

S

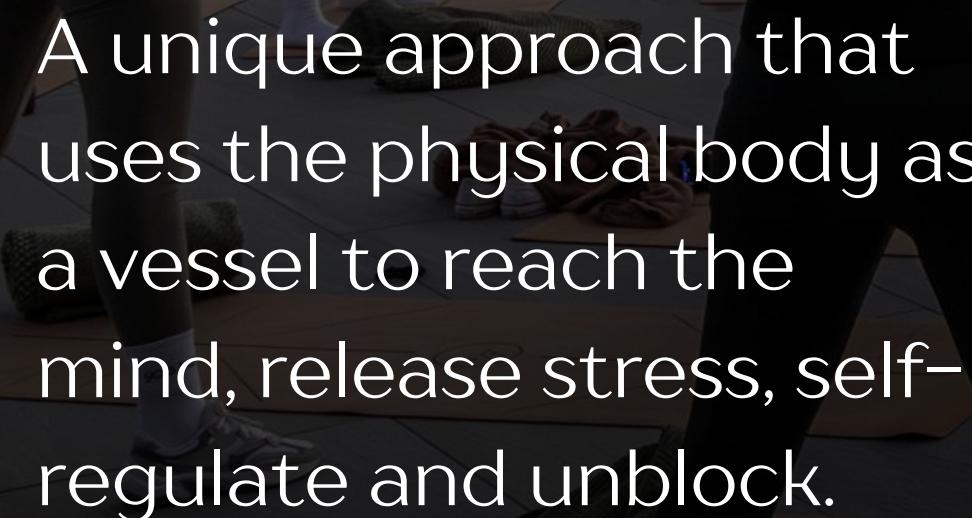
What is Sanctum?

Sanctum is an unmatched moving sequence to empower the body and expand the mind. Designed to unlock human potential by reaching physical edge and mindful euphoria, within a class.

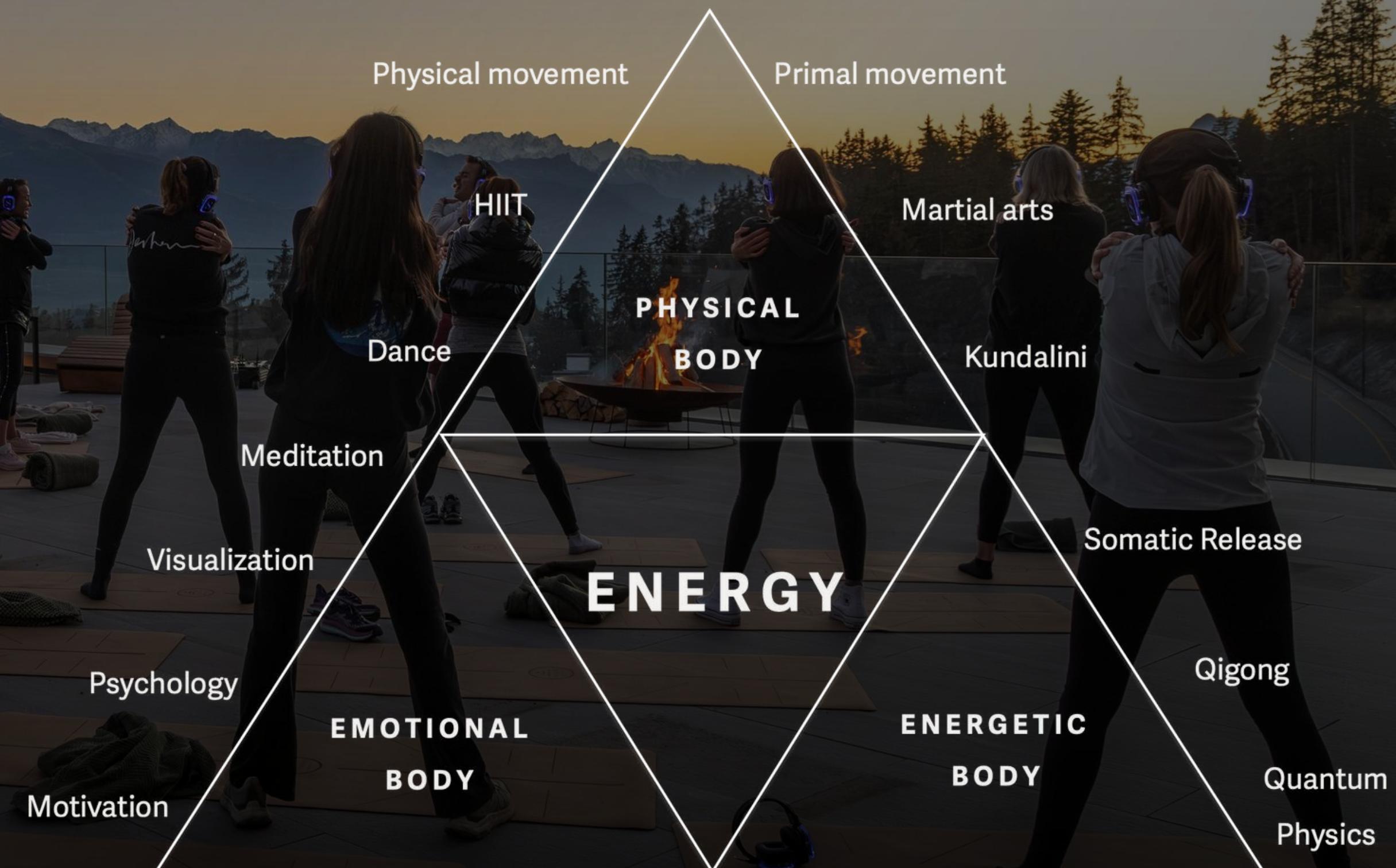




Our Method

A large, semi-transparent white text box covers the upper portion of the image. The text is written in a large, bold, white serif font. It reads: "A unique approach that uses the physical body as a vessel to reach the mind, release stress, self-regulate and unblock."

A unique approach that uses the physical body as a vessel to reach the mind, release stress, self-regulate and unblock.





Private Experiences

Some experiences change the way you think, move, and lead. This is one of them.

Our private experiences are designed for groups, teams, and communities looking for a deeper, more visceral form of connection.

SENSE
X
SENSE



Designed For

- Leadership teams and executives looking to unlock alignment and innovation
- Creative and strategy groups seeking to clear mental clutter and move into clarity
- Brand activations and luxury experiences that go beyond the expected
- Private gatherings and milestone moments that deserve something immersive and unforgettable



Signature Sequence



On-Stage Energizer



Mindful Nature Walk

Curated Experiences

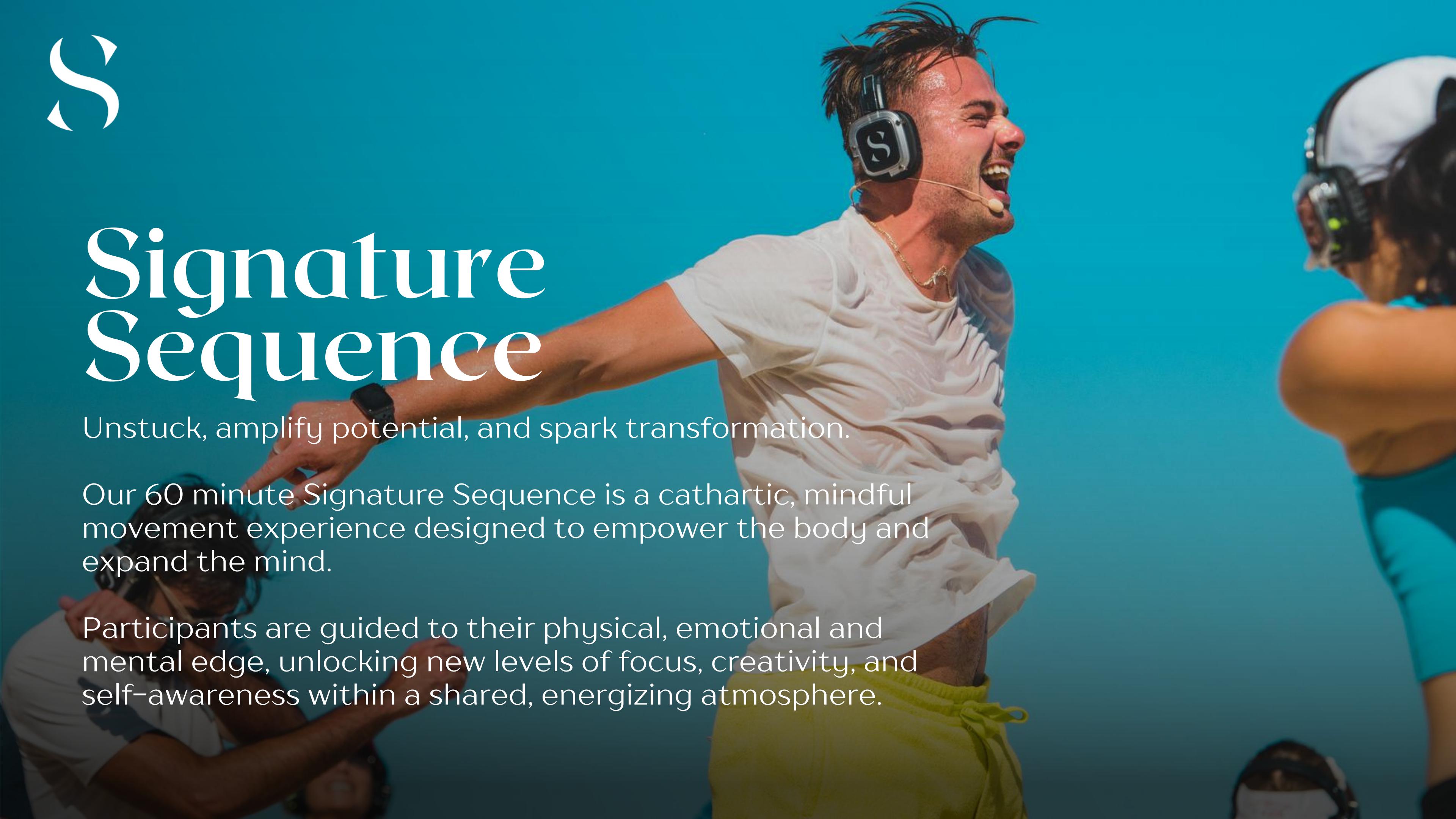


Signature Sequence

Unstuck, amplify potential, and spark transformation.

Our 60 minute Signature Sequence is a cathartic, mindful movement experience designed to empower the body and expand the mind.

Participants are guided to their physical, emotional and mental edge, unlocking new levels of focus, creativity, and self-awareness within a shared, energizing atmosphere.





On-Stage Energizer

Reignite energy, focus, and creativity—anywhere, anytime.

Perfect for leadership events or busy schedules, this 15–20 minute experience is a dynamic capsule of the Sanctum class. Designed to reconnect participants, boost creativity, and energize teams in a time-effective way.

The Energizer delivers maximum impact in minimal time.



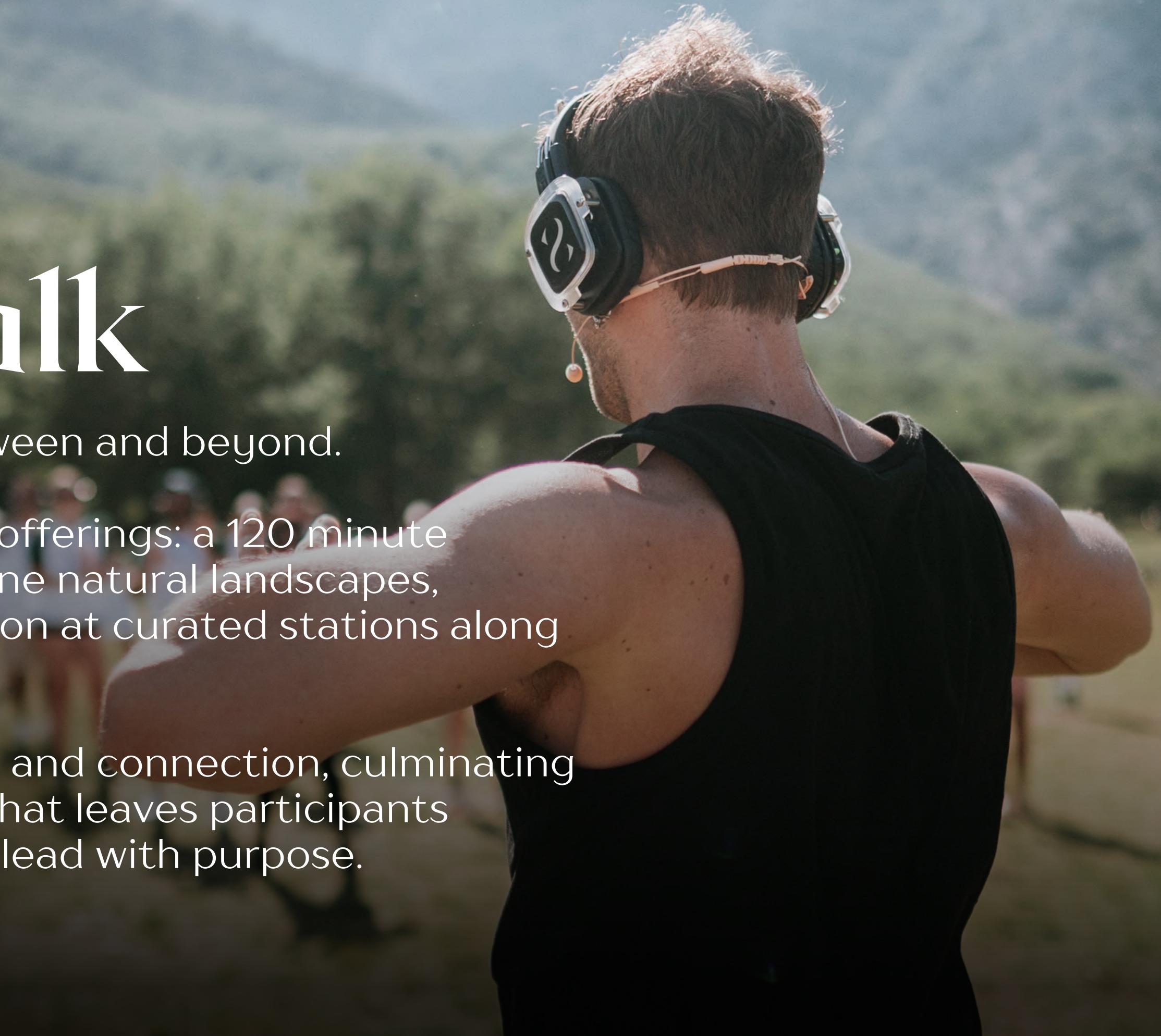


Mindful Nature Walk

Reimagine connection within, between and beyond.

Experience one of our most iconic offerings: a 120 minute curated mindful walk through serene natural landscapes, integrating movement and reflection at curated stations along the journey.

Each station inspires introspection and connection, culminating in a breathtaking “Grande Finale” that leaves participants energized, aligned, and inspired to lead with purpose.



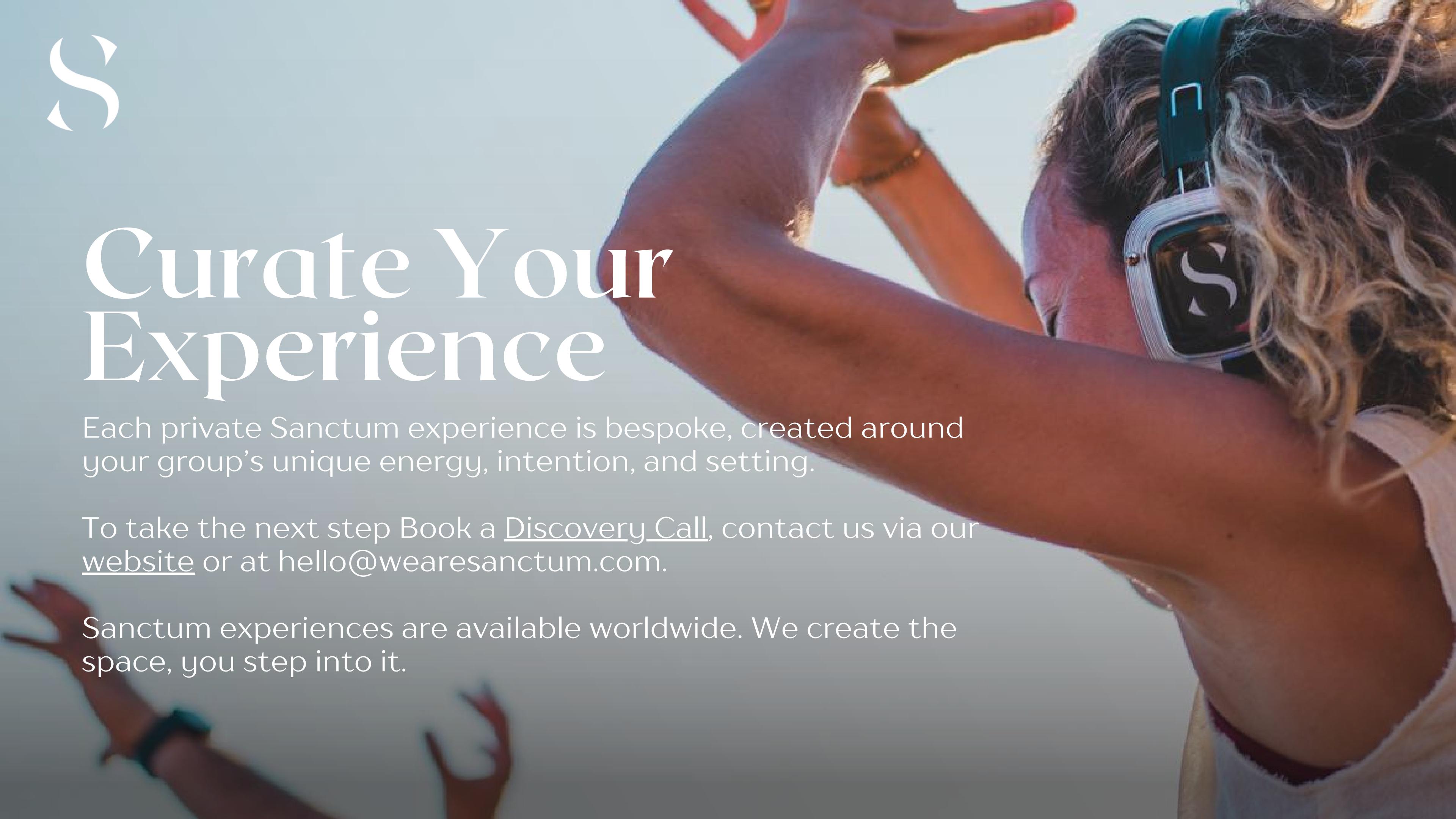
S

Curate Your Experience

Each private Sanctum experience is bespoke, created around your group's unique energy, intention, and setting.

To take the next step Book a [Discovery Call](#), contact us via our [website](#) or at hello@wearesanctum.com.

Sanctum experiences are available worldwide. We create the space, you step into it.





S

“Better than therapy. This new cult fitness class will make you cry.”

THE  TIMES

“The future of wellness is ugly ...
Sanctum movement invites participants to break out of the urge to be perfect”

VOGUE

“Sanctum — a euphoric workout so joyful it's almost spiritual”

London
Evening
Standard

“This is the future of working-out. Sanctum pushes you to reach the limit, but without forgetting that we are all valid and enough”

Condé Nast
Traveller

“I felt such an overwhelming feeling of gratitude that I cried”

goop



The Invitation is Here

Every SANCTUM experience is crafted with precision and purpose. Let's design yours.

[Book a Discovery Call](#) | [Submit an Inquiry](#)

hello@wearesanctum.com | wearesanctum.com