

A large group of people, mostly young adults, are gathered in a dark room. They are all wearing glowing blue headbands that have a small screen or light on them. Many of the people have their hands clasped in front of their chests, suggesting a moment of reflection or a group exercise. The lighting is dim, with the primary light source being the blue glow from the headbands. The overall atmosphere is one of a high-tech, immersive corporate experience.

SNCMI

CORPORATE EXPERIENCES



Our Purpose

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



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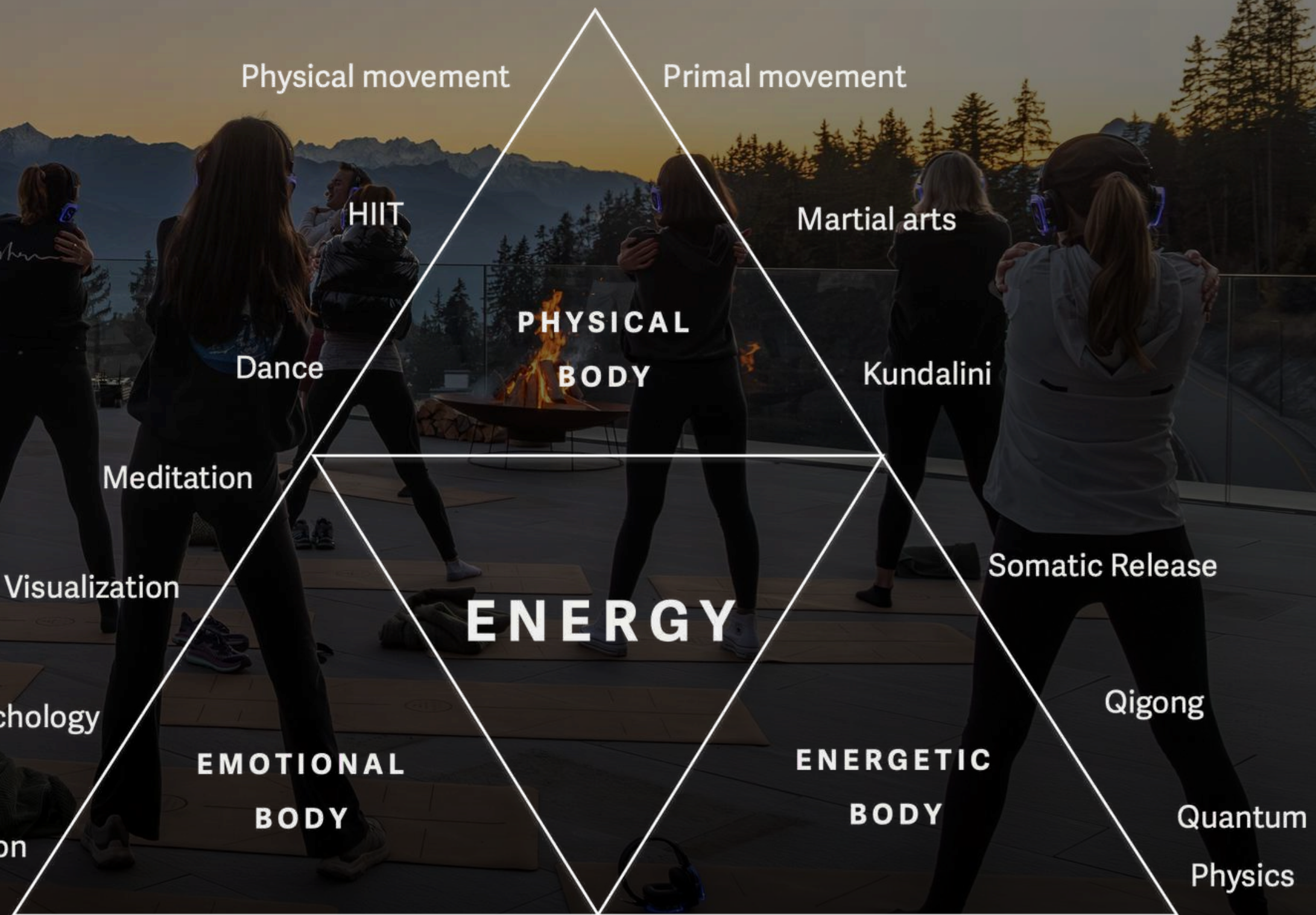
What is Sanctum?

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



A group of people, mostly young adults, are shown from the chest up, wearing large, glowing blue headphones with a white 'S' logo on the side. They are all smiling and appear to be dancing or cheering. The background is dark with some blurred blue and white lights, suggesting an outdoor night event or a dimly lit indoor space. The overall mood is energetic and joyful.

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Private Experiences

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

Our private experiences are designed for organisations seeking to sharpen focus, elevate performance, and inspire teams through a powerful blend of movement, mindfulness, and mindset training. whether through our premium curated sessions or a stripped-back, ready-to-go B2B Lite experience.



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Premium private Experiences

Signature Sequence

Focus Energizer



Mindful Nature Walk



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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.



Focus Energizer

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

Perfect for a Friday morning, mid-day office boost, or as a main stage experience at conferences, this 10–20 minute session is a condensed, high-impact version of the Sanctum class. Designed to reconnect participants, spark creativity, and energize teams efficiently, wherever they are.

The Energizer delivers maximum impact in minimal time.



A man in a black tank top and headphones is seen from the back, looking out over a large crowd of people gathered in a natural landscape. In the background, there are rolling green hills and mountains under a clear sky. The scene is bathed in warm, golden light, suggesting late afternoon or early morning. The man's headphones are black with a white logo on the side. The overall mood is serene and inspiring.

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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.

A woman with a long braid and headphones, seen from behind, with her arms raised in a crowd.

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Where Performance Meets Presence

Sanctum sessions go beyond physical training, cultivating growth that directly impacts both individuals and teams:

- Improved attention span and focus
- Awareness of the value of community
- Unlocking the power of the mind
- Increased productivity
- Enhanced personal growth

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42% of employees reported having relieved stress and anxiety after thier Sanctum Session.



24% of employees reported feeling more motivated and creatively stimulated after their Sanctum session.



31% of employees agreed that they felt more connected to others after their Sanctum session.



90% of employees reported feeling more physically empowered following their Sanctum session.

Source: internal survey, sample 250 respondents, 2024



Corporate Partners

Not ready for a Private session?

Our Corporate Discounts give your team exclusive access to special rates for our Daily experiences. It's a simple way to offer ongoing value, helping your people recharge, find focus, and harness new energy they can carry back into the workplace.



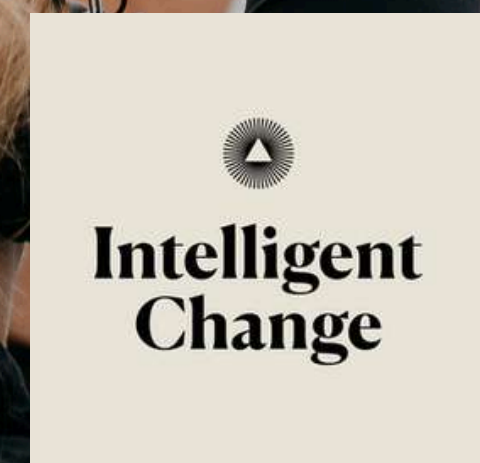
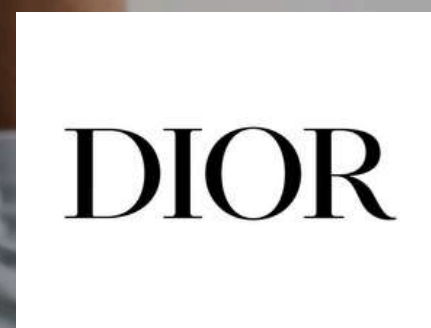
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Curate Your Experience

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.

Brands That Move With Us



An aerial photograph of a large group of people practicing Sanctum movement on a sandy beach. The participants are arranged in a grid-like pattern, performing synchronized movements. The beach is bordered by the ocean on the right, and there are some small trees and bushes on the left. The overall scene is serene and captures a moment of collective wellness.

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The Media

“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

Our Community

“Joining my first Sanctum experience with my wife was a life-
changing moment. That day marked the beginning of a
profound transformation in how I live, lead, and love.”

“Through Sanctum, I’ve become a more present parent,
husband, and leader. I’ve learned to regulate my emotions,
tune into my body with greater awareness, and keep
expanding my limits—mentally, physically, and spiritually”.

“Sanctum has become a place of transformation and
belonging, where I reconnect not only with myself but also
with others in the most meaningful way.”

“Sanctum has given me space to slow down and really feel.
In the moment, it helps me reconnect with myself, my
breath, my body, my energy. Afterwards, I feel more
grounded. It’s had a quiet but lasting impact on how I show
up in work, in life, and in how I lead.”



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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