

# GroundsWork

@ THE GROUNDS  
OF LIVEV

Swap fluorescents for sunshine and join us with your colleagues for an inspired escape from the average work day. Our beautiful and natural setting provides the perfect destination for refreshed productivity.



Starting at

HALF DAY \*\$700 | 8am-12pm

FULL DAY \*\$1200 | 8am-4pm

Our indoor workspace seats 20 people and provides coffee and tea, wifi, natural light and views of greenery. Step outside during your workday on over 20 acres of land to interact with our thriving ecosystem, clear your head and recharge. Whether your team has a big deadline approaching, an important meeting, or is in need of a change of scenery, GroundsWork @ The Grounds of Livev is here to help foster connection beyond the walls of the everyday.

Nourish your body along with your mind, ask about morning or afternoon catering options. GroundsWork pricing applies to weekday bookings only. Looking for a unique team building experience? Upgrades and creative retreat options are available!

\*prices subject to change

Contact [info@thegrounds.com](mailto:info@thegrounds.com) for availability

Visit [www.thegrounds.com](http://www.thegrounds.com) to browse events & workshops, join our newsletter, and follow our journey



Heritage House at The Grounds  
10728 Vale Rd Entrance A,  
Oakton, VA 22124

DID YOU KNOW?

nature can significantly boost productivity by reducing stress, improving focus, and enhancing creativity. Here's how:

- lower heart rate and blood pressure, similar to the effects of meditation
- help to reduce tension, anxiety, and boost overall mood and well-being
- provide a calming environment that helps to reduce mental fatigue and improve attention span
- improve short-term memory function
- spark inspiration and lead to more innovative thinking

# THE GROUNDS

## O F L I V E V

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### Experience Upgrades



## Art & Makers

- Professional Instructor-Led Classes
- Hand-Built Pottery, Watercolor Studies, Jewelry Classes, and more
- Starting at \*\$70 per person



## Health & Wellness

- Certified Instructor/Therapist-Led Workshops
- Mindfulness Journeys, Sound Bowl Workshops, and Outdoor Yoga Sessions
- Starting at \*\$45 per person



## Animal Experiences

- Guided Interactions with the Herd
- Goats, Alpacas, Sheep, Horses and more
- Starting at \*\$20 per person

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