

GroundsWork

an inspired escape from the average work day

Step away from the office and into 20 acres of calm, clarity, and meaningful productivity. GroundsWork offers coworking and retreat experiences designed to help teams unplug, reconnect, and return to work with renewed focus.

What's Included:

- Indoor workspace for up to 20
- Coffee + tea
- Fast wifi
- Natural light + views of greenery landscape
- Access to 20+ acres of walking paths and outdoor spaces
- Space to think, reflect, collaborate, and recharge

Nature helps teams think clearer, stress less, and create their best work. (Here's Why)

- it lowers heart rates and blood pressure, similar to the effects of meditation
- it helps to reduce tension, anxiety, and boost overall mood and well-being
- it provides a calming environment that helps to reduce mental fatigue and improve attention span
- it enhances short-term memory function
- it sparks inspiration and leads to more innovative thinking

DID YOU KNOW?



Whether your team is facing a big deadline, needs fresh creative thinking, or simply benefits from time together away from distraction, GroundsWork helps foster connection beyond the walls of the everyday.

*prices subject to change

Contact info@thegrounds.com for availability. Ask about upgrades!

Visit www.thegrounds.com to browse events & workshops, join our newsletter, and follow our journey



The Grounds of Livev
10728 Vale Rd Entrance A,
Oakton, VA 22124

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COWORKING

Bring your work day to Vine Studio for up to 20 people. Includes tea and coffee, wifi, projector use, and self guided access to The Grounds.

HALF DAY RATE

*\$700 | 9am-1pm

FULL DAY RATE

*\$1200 | 9am-5pm

OUR SIGNATURE RETREAT

Our GroundsWork Signature Retreat blends creative team building, nature recharging, and productivity time for up to 15 people. Includes continental breakfast, coffee and tea, instructor-guided classes, animal interaction, and work sessions in Vine Studio. Lunch is not included but we are happy to offer recommendations for pickup or delivery.

FULL DAY ONLY

*\$2800 | 9am-5pm

Sample Schedule:

9am	Breakfast, Welcome, Gather
9:30am	Pottery Class
11am	Guided Paddock Walk/Animal Interaction
12pm	Lunch
1pm	Work Session
5pm	Adjourn



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