

The page features a dark blue background with white decorative elements. In the corners, there are stylized leaf motifs: top-left and bottom-right show a branch with several pointed leaves; top-right and bottom-left show a branch with small, round berries. The main text is centered and reads:

# *Welcome to the Den*

MEDITATION  
PEACE & QUIET  
CREATIVITY  
"ME" TIME  
RELAXATION



# YOUR TIME

YOUR TIME IN THE DEN IS JUST THAT, YOURS. USE IT HOWEVER YOU LIKE. WHETHER YOU'VE SIGNED UP FOR 20, 40, OR 60 MINUTES, YOU WILL HEAR GENTLE CHIMES FROM THE IPAD TWO MINUTES BEFORE THE SESSION ENDS. PLEASE TAKE THAT AS YOUR CUE TO BEGIN GATHERING YOURSELF SO THE ROOM IS READY FOR OUR NEXT CLIENT AND NOBODY FEELS RUSHED.

THANK YOU VERY MUCH!

# HOW TO MAKE TEA

STEP 1: CHECK TO MAKE SURE  
THERE IS WATER IN THE KETTLE  
AND IF IT IS EMPTY, ASK THE  
DESK TO REFILL IT FOR YOU.

STEP 2: CLICK THE BUTTON ON THE  
HANDLE TO TURN IT ON.

STEP 3: CHOOSE TEA AND STEEP IN  
MUG ACCORDING TO DIRECTIONS.

STEP 4: PLEASE DROP USED MUG  
WITH DESK BEFORE LEAVING.



# CUSTOMIZE THE SPACE

USE THE REMOTE TO ADJUST THE  
A/C AND HEAT



DIM THE LIGHTS



BLOCK OUTSIDE NOISE WITH OUR  
NOISE CANCELLING HEADPHONES.  
PRESS THE BUTTON LABELED  
"NCA". (NOTE: NC HEADPHONES  
MAY MAKE IT MORE DIFFICULT TO  
HEAR THE CHIMES SIGNALLING THE  
END OF YOUR SESSION)



YOU'LL FIND AN AROMATHERAPY  
DIFFUSER IN THE CORNER. IF YOU  
LIKE TODAY'S ESSENTIAL OIL  
SELECTION, USE THE REMOTE TO  
TURN ON AND OFF

# THE IPAD!

WE'VE EQUIPPED IT WITH:

GUIDED MEDITATION APPS,  
MUSIC PLAYLISTS,  
&  
PLENTY OF READING  
MATERIAL!

FEEL FREE TO USE OUR  
HEADPHONES IF YOU  
CHOOSE SOMETHING WITH  
AUDIO

