



SPHERE

A place to be and become.

WELCOME TO WELLNESS @ SPHERE

We are an environment that is conducive to work, play and balance where we welcome authentic connection to yourself and amongst members. **We offer** high quality classes and workshops taught by professional, inclusive, diverse, practitioners, teachers, and leaders from the Bay Area and beyond. **We believe** in unapologetic commitment and support to self-defined self-care without fear of judgement or sacrifice. **We welcome** approaches to both tried and true forms of fitness and wellness and keep an open mind to new and innovative modalities and treatments that aim to keep you feeling your best.

TREATMENT PRACTITIONERS USING THE TREATMENT ROOM (BODYWORKERS, ACUPUNCTURISTS, ESTHETICIANS, ETC):

In our private treatment room, we have a massage table and 5 sets of sheets and eye pillows. If you will be seeing more than 5 clients that day, please bring additional sheets. We have plenty of hand towels, wipes, and water. If you would like to use your own music, please bring your own plus a bluetooth speaker and any connections you might need. We are primarily a scent-free zone. We understand that this is difficult for many practitioners and since many products are scented but please make every effort to have an unscented option and ask your client for their preference.

PRACTITIONERS USING THE FITNESS STUDIO (TEACHERS, TRAINERS, YOGA WORKSHOPS, MEDITATION AND SOUND HEALERS):

Our studio space is brand new and light filled! We can accommodate 15 students on mats, and appx 20 w/o mats. We have a sprung floor ideal for yoga, fitness, cross training and dance. We have 20 mats, blocks, straps, gliders, pilates balls, resistance bands, hand weights (8, 5, 3 lbs) and blankets. We also have 2 jump ropes, 2 stability balls, and a 15lb medicine ball on site. There is a mirrored wall and adjustable lighting. Also onsite - a Peloton Bike and Peloton Tread.

ADDRESS AND DIRECTIONS:

We are located at 1212 Broadway, 3rd floor. We are situated in the heart of Downtown Oakland, steps from BART and bus. Note: if you are driving there is limited street parking - we suggest you park at Pacific Renaissance Plaza - a lot 2 blocks away.



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Do you want to speak at Sphere? We'd love to hear from you. There are two ways to share your passion and skills with us: either a Spherical Talk or a Brown Bag Lunch.

What's the difference?

A **Spherical Talk** is generally given by a professional speaker or expert in her field. She has presented many times before and is comfortable engaging with the audience, and delivering a meaningful, exciting and informative topic. These talks are typically by invitation only and generally occur on the second Tuesday of each month in the Cafe from 1-2p. Sphere will help with promotion for Spherical Talks, shouting you out on social media, and designing some in-house flyers. For efficiency's sake, we ask that you fill out [this form](#) and we'll get back to you if you are a good fit!

A **Brown Bag Lunch** is a member-hosted talk or gathering, that meets in either the medium or large sized conference room, on any day, based on room availability. Generally these talks are more casual in nature, and smaller in attendance, but highly encouraged nonetheless! Promotion is up to the member - posting on the online community board or through your own network and on social media are great ways to get the word out!

If you have any questions - email our Director of Programming, heather@atmysphere.com





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WHO WE ARE

Sphere is a woman founded, fueled, and funded, co-working space located in the heart of Downtown Oakland. We opened March 2019 and our membership is growing by the minute. We believe wellness and working are equally important and have created a holistic space to nurture your mind and body. We believe that our membership should look and feel like Oakland - we are welcoming to all womxn, from all backgrounds.

Please sign up for your free day pass online and spend the day working, playing and sweating with us!





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\$25 drop-in | \$20 student/senior

\$179 - 10 classes

FITT FIRM: 55 min. body sculpt w/weights, bands and gliders

FITT FIRE: 45 min. core + cardio, body conditioning

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WEDNESDAYS • 11:45 AM • FIRE

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