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Your *wellness* is
our business.



DASHA's array of Premium Packages are specifically tailored to offer a comprehensive and achievable approach to wellness.

Premium Packages range from Weight Loss and Athletic Training to Pre/Postnatal Care, Stress Release, and our signature Seasonal Wellness Checkup.

We appreciate that individual lifestyles vary, so all of our Premium Packages are available in a variety of fully customizable options, including Children's Wellness.

[Packages](#)[Athletic Training Package](#)[Fertility Package](#)[Personal Training Package](#)[Pre/Postnatal Care Packages](#)[Stress Relief Package](#)[The Ultimate Virtual Experience](#)[Weight Loss Package](#)



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DASHA® Services



PERSONAL WELLNESS

Find yourself again and cultivate *patience, happiness, and acceptance*. Taking time to relax and pamper oneself is essential for preventing stress, which affects your mind and body. DASHA® is here to guide you on your journey to better health.

[YOUR PERSONAL WELLNESS](#)



CORPORATE WELLNESS

We offer services to corporations both large and small in New York City, Westchester County, and Long Island. Our Elite team of therapists, providers, and specialists deliver effective wellness and lifestyle services both on and off your work site.

[LEARN MORE](#)





The concept of wellness is individually defined by you.

[Chiropractic](#)
[Active Release Technique](#)
[Graston Technique](#)
[Spinal Decompression Therapy](#)
[Custom Orthotics](#)

At DASHA®, we want to know what wellness means for you

For some, it is simply health maintenance and prevention, for others, it is freedom from pain. Wellness, however you define it, is about achieving an optimal quality-of-life.

Explore Litigation Insights

Docket Alarm provides insights to develop a more informed litigation strategy and the peace of mind of knowing you're on top of things.

Real-Time Litigation Alerts



Keep your litigation team up-to-date with **real-time alerts** and advanced team management tools built for the enterprise, all while greatly reducing PACER spend.

Our comprehensive service means we can handle Federal, State, and Administrative courts across the country.

Advanced Docket Research



With over 230 million records, Docket Alarm's cloud-native docket research platform finds what other services can't. Coverage includes Federal, State, plus PTAB, TTAB, ITC and NLRB decisions, all in one place.

Identify arguments that have been successful in the past with full text, pinpoint searching. Link to case law cited within any court document via Fastcase.

Analytics At Your Fingertips



Learn what happened the last time a particular judge, opposing counsel or company faced cases similar to yours.

Advanced out-of-the-box PTAB and TTAB analytics are always at your fingertips.

API

Docket Alarm offers a powerful API (application programming interface) to developers that want to integrate case filings into their apps.

LAW FIRMS

Build custom dashboards for your attorneys and clients with live data direct from the court.

Automate many repetitive legal tasks like conflict checks, document management, and marketing.

FINANCIAL INSTITUTIONS

Litigation and bankruptcy checks for companies and debtors.

E-DISCOVERY AND LEGAL VENDORS

Sync your system to PACER to automate legal marketing.