

**HIIT or Active Fitness Class** 10-30 minutes

This movement class is designed to give maximum cardiovascular benefits with little stress to the joints. It is quick and promises to wake you up whenever you need a jolt of energy. Loose clothes recommended.

**Yoga Anywhere** 15-50 minutes

Customize your own Yoga class - Class starts with breathing awareness, & build movements that will make you feel awake, serene, & open. Simply reconnect with your body, mind, & breath.

**Meditation with Sound Bath Experience** 15-30 minutes

Exactly what it sounds like. Embrace the Zen attitude! Short guided meditation plus sound bath for about 15 to 20 minutes.

**Mindfulness Session** 15-50 minutes

Designed for all levels. Mindfulness classes bring peace to the mind & harmony within the body, leading to superior performance, creativity, improved composure & engagement. You will learn incredible breathing, stretching, and meditation tools you can use every day right from your desk.

**Let's Stretch** 10-45 minutes

Learn to take small physical breaks through gentle movements, and stretches right from your desk. No need to change clothes. This class will boost your energy, creates space in the body, & reduces tension.

**Sacred Sounds - Mantra, Affirmations, Intentions** 10-55 minutes

Dive into the difference between these 3 beautiful practices. We'll explore mantras & the creation of your own affirmations. Through journaling & discussion prompts, we'll explore our deepest desires and what we can bring forth with the power of words and sound.

## Mindfulness Based Stress Reduction - by John Abate

**MBSR - Holistic based healing & therapy** 60 minutes

Mindfulness is recognized as one of the most positive and powerful holistic based forms of healing and therapy. MBSR training guides us in living in the present moment, helping us see, as they arise and in the moment, the beauty and the challenges of daily life, without forming attachment or judgement - Decreasing the amount of time we suffer.

In this class you will learn to:

- Cultivate awareness to appreciate the positive moments in life.
- Respond intentionally to challenging times.
- Develop a different relationship between you and discomfort you in your life.
- Access your innate ability to be non-judgmental, compassionate, patient, present & aware.

## Intuitive Eating + Body Image Classes - by Katelyn Parsons

### Intuitive Eating Masterclass

 45-90 minutes

Evidence-based, actionable techniques to build a healthy relationship with food & your body. Employees will experience greater mental clarity + overall well-being.

### Body Image Resilience

 45-90 minutes

Techniques designed to empower employees authenticity + confidence. We'll explore the intersection of culture + body image & the subtle influences that shape the relationship that we have with ourselves.

### Radical Self-Care

 45-90 minutes

A sustainable approach for burnout prevention. Employees will learn skills related to emotional awareness, boundary-setting, healthy communication + more.

## Mindfulness Based - Burnout Edition

### Mood & Motivation - Burnout Edition

 45 - 60 minutes

Topics covered are Energy and Outlook, Setting and Bringing Goals to Life and Gratitude and Journaling. In this workshop, participants are introduced to various mindfulness techniques and exercises to help combat the feelings associated with burnout. We focus on practices that allow for inspiration, motivation, balance, clarity, and a renewed sense of excitement to shine through!

### How our Mind Works with Meditation - by Jax

 45 - 60 minutes

This workshop is lead with a powerpoint presentation for your employees to get first hand knowledge on what happens to the mind and body when you have a mindfulness or Meditation practice. Participants will be guided through various mindfulness techniques to help combat the feelings associated with burnout, overwhelm, and stress including the Tapping Method or EFT (emotional freedom technique), which consists of tapping with your fingertips on specific meridian points to release tension and pain.

### Yoga for Burnout Class - by Jenna

 60 minutes

Involves gentle flow on the mat with simple and repetitive movements. This class also incorporates breath techniques and self massage (hands on body). Unwind with seated/laying poses, includes acupoint or affirmation and long savasana.

### Burnout Workshop - by Jenna \*Ask for pricing

 90 - 120 minutes

This workshop can be done in 2 hours or longer by going more in depth. This incorporates discussion (nervous system, stress and its effects, healthy foundational habits) inquiry/journaling, and yoga for burnout class.

*Your Employees' Health is your Company's Wealth - You must take care of it.*