



embrace. empower. elevate.

# Menu of Events

Looking for a fun and interactive corporate wellness events?  
Employees lacking engagement?

Mindful Mob has the perfect sessions for your company!



## 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, and build movements that will make you feel awake, serene, and open. Simply reconnect with your body, mind, and 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 and harmony within the body, leading to superior performance, creativity, improved composure and engagement.

You will learn incredible breathing, stretching, and meditation tools you can use every day right from your desk.

## Let's Stretch Session

 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, and reduces tension.

**Pricing = \$300 per class**



CORPORATE MOVEMENT + MINDFULNESS + STRETCHING + YOGA + MEDITATION

breathe. stretch. meditate.

## The Power of our Words - Affirmations and Intentions

⌚ 40-60 minutes

Dive into the difference between 3 beautiful practices of words and how they can influence our life. We'll explore:

- Intention settings, mantras & the creation of your own affirmations.
- The importance of being in integrity with our words.
- Through journaling and discussion prompts, we'll explore our deepest desires and what we can bring forth with the power of words and sound.

## Embrace your Senses

⌚ 60 minutes

Learn to reconnect with your senses in order to bring awareness, purpose, awakening and connection to the mind, body, and soul.

This class will promote general health and well-being by ensuring the free flow of life energy (AKA prana or qi) throughout the body. Employees will need an essential oil, an eye mask, scarf or tie to cover their eyes, & a blanket for comfort.

## Influence the Quality of your Life - Time Management + Routine Building for Executives

⌚ 90 minutes

Coming soon

## Set Your Day and Life for Success

⌚ 50-60 minutes

In this class, employees learn to set their day for success, going back to doing the small things that make a big impact in our day to day. Through rituals we get to feel good and set ourselves up for success.

These are some of the things that will be covered in this powerful event:

- Setting up morning routine.
- How to incorporate positive habits around your workspace.
- Smart computer habits and other things you can do to have more successful days and feel healthier overall.
- Time for meditations and gratitude.

This is lead with a short PowerPoint presentation to guide employees to success.

Pricing = \$400 per class



## 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 and your body. Employees will experience greater mental clarity + overall well-being.

### 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.

**Pricing = \$400 per class**

## 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 on 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

90 -120 minutes

This workshop goes in depth working with our physical body and mind. Incorporating discussions about the nervous system, stress and its effects, how to create healthy foundational habits, inquiry/journaling, and yoga for burnout class.

**Pricing = \$400 per class**



## Classes by Gina Tang

Gina Tang is a holistic performance specialist with 16 years of experience in the health and wellness industry, 10 years of experience in content creation and organizational development, and four years of experience making music medicine.

In 2009, she helped launch an award-winning integrative wellness center on the campus of UCSD. In addition to managing the marketing team, she taught a variety of mindfulness-based classes and served as Editor-in-Chief for LiveWell Magazine.

Gina later began consulting for a wide range of new and expanding enterprises with an eye toward optimizing human resources, strengthening messaging, and supporting leadership.

### Hand Pan for Relaxation

20-30 minutes

Let your limbic system rest in the mellow groove of the tongue drum. This sonic reset tunes the body and mind toward harmony, creativity, clarity, and ease. Depending on the lengths of class, we will include some breathing and mindfulness guidance throughout the class.

**Pricing = \$300 per class**

### Leadership Retreat Offerings

1/2 or full day

Gather your thought leaders and culture creators! Corporate retreat specialist Gina Tang crafts custom-tailored group experiences with an eye to fostering team cohesion, clarity, and motivation. Half day or full day offerings available.

#### Retreat Menu:

- **Collaborative Writing Workshop** – Generate value-oriented articles such as mission statements and principles of community.
- **The Art of Listening** - Learn the Active listening technique to build a stronger relationship with colleagues or employees. This technique refers to a pattern of listening that keeps you engaged with your conversation partner in a positive way. It is the process of listening attentively while someone else speaks, paraphrasing and reflecting back what is said, while withholding judgment and advice. When you practice active listening, you make the other person feel heard and valued. In this way, active listening is the foundation for any successful conversation.
- **Expressive Writing Workshop** – Build individual voices and develop deeper trust, connection, and safety on your team.
- **Handpan Jam for Group Calibration** – An interactive exercise in sound healing.
- **Yoga & Meditation** – Guided journeys through regenerative movement and mindfulness practices.

**Pricing = \$1000 half Day or \$1750 Full Day**

## Inclusion + Leadership Classes by Loretta Turner

Loretta is a San Diego-based certified mindfulness & leadership coach and employee wellness strategist. With over a decade of experience in the nonprofit and wellness sectors, Loretta brings a mindful, people-centered, and mission-driven approach to developing individuals and transforming organizational cultures.

She strongly believes that “it only works if you do,” and she’ll always encourage you to put the work in!

### Leadership Philosophy & Core Values



90-120 minutes

**Participants will learn to understand the concept of leadership, and what it truly means to them, through studying their core values and using mindfulness techniques to crystalize their own leadership philosophy.**

### Creating an Inclusive Work Environment



120 minutes

**You'll learn the key components of how to foster an inclusive work environment. Through the exploration of topics like intersectionality, unconscious bias, and tokenism, you'll build and strengthen your skills in creating a work space that is welcoming for all. The workshop's main objective is to support you in becoming a kinder and more aware colleague**

### Breaking the Burnout Cycle



60 minutes

**This workshop offers participants tools on how to identify, manage, and eradicate burnout in their day-to-day. Since burnout manifests differently for each of us, participants are encouraged to take a burnout assessment before the workshop, and then work interactively to explore new ways of managing how their bodies and minds respond to excessive workplace stress.**

**Pricing = \$350 per class**



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## Financial Wellness - Support Your Employees In Getting More Out of Each Paychecks, And Find Stability In Their Lives.

### Dr. Tom Watson

*Author of: The Great American Debt Opportunity: Turn your Debt into Wealth*

#### Debt Elimination Event

⌚ 75 minutes

Learn the secrets of transforming your debt into financial independence and wealth with Dr. Tom Watson's through his Target Debt Free system. The financial plans you will learn from this class have shown results time and time again for individuals who stick with it, and through Dr. Watson's approach you will stick with it.

In this event you will learn to:

- Apply the practical method to financial success.
- Create a plan for eliminating all of your debt including your mortgage if you have one, and consumer debt with your current income.
- Focus all available cash on building wealth.
- Use the money you've been wasting on debt to create real wealth in your life, build strategies for locating safe investments to grow your wealth and much more.

This event also includes resources such as Dr. Watson's Financial Wellness Assessment and a copy of his e-book: "The Great American Debt Opportunity: Turn your Debt into Wealth".

#### Budgeting - How to Spend Smart and Save Money

⌚ 60-75 minutes

This session is exactly what it sounds like which includes budgeting and a greater emphasis on saving money.

In this session you will learn to:

- Apply the lessons on how to spend smarter and create a spending personality profile.
- Understand the psychology of buying. (Why we buy things we don't need to impress the people we don't care much for.)
- Reverse budgeting technique and a formula to help you save 10% to 30% of your monthly income and much more.

#### Leadership Effectiveness

⌚ 75 minutes

This session is designed for company leaders — managers and/or supervisors which includes ways on how to engage and retain employees by supporting their financial goals, and understanding what motivates and drives them each day in order to set proper foundations.

This event is custom tailored for execs and team leaders. It includes leadership development and coaching, giving your leaders a better understanding of what truly matters to employees.

\*Each of these courses can be taken separately or purchased as a series.

**Pricing = \$995 per class**



## Financial Freedom and Debt - Free Living by Ron Williams

Ron Williams is a Registered Financial Consultant and has been in the financial and insurance services industry since 1992. He is recognized for consistent success in developing systems, processes, and procedures to streamline corporate operations, improve efficiency and enhance employee performance.

### Estate Planning

⌚ 60 minutes

**It is important to plan how an individual's assets will be preserved, managed, and distributed after death. This class will teach employees an efficient approach on how to plan for the management of an individual's properties and financial obligations, in the event they become incapacitated.**

### Debt Free Life

⌚ 60 minutes

**Debt could be a big barrier between you and your goals! Let's help you eliminate debt in 9 years or less, without you having to make more money than your current level. How would it feel to not have a burden weighing you down?**

### Retirement

⌚ 60 minutes

**How prepared are you for retirement? This might be the most important thing you'll need regarding your financial future. If most people who retire with an IRA or 401k are not financially free...why do we continue on that path? There are more options and an asset classes that will grow your money risk-free and tax-free.**

**Learn how to:**

- Earn stock market returns without stock market risk.
- Create a tax-free retirement.
- Create an income stream to fund your retirement.

**No longer reserved for the ultra-wealthy, this strategy can be used to supercharge your retirement!**

### Life Insurance

⌚ 60 minutes

**Even with good health coverage, life can be uncertain, we will help you understand the power of life insurance to help you and your employees protect yourselves. In this class, we'll thoroughly discuss how to maximize one's permanent, term, universal, variable, disability, and long term life insurance.**

### Kids Financial Future

⌚ 60 minutes

**Planning for your children's future goes hand in hand with managing your own financial health and wellbeing. Putting a long-term financial plan in place will solidify your child's financial future. This class will guide you to plan it correctly with a systematic approach.**

### Investment Productivity

⌚ 60 minutes

**In an increasingly-uncertain world, how are you investing your money? Are you satisfied with your current portfolio? This class will help you make personalized investment decisions and create residual income setting up a franchise.**

\*Each of these classes can be taken separately or purchased as a series.

**Pricing = \$400 per class or \$2150 series of 6**



## Mindfulness Based Stress Reduction & Meditation by John Abate

John is trained and qualified to teach MBSR (Mindfulness Based Stress Reduction) from the University of California San Diego Center for Mindfulness and Integrative Health. His corporate career background as a business development leader along with his mindfulness training offers a unique insight into solving stress and environmental challenges in the workplace.

John's workshops offer a hands-on experiential approach to participants in mindfulness, self care practices, compassion, communication, and team building.

### MBSR - Holistic Based Healing & Therapy



90 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.

Participants will experience and practice the following in our workshop:

- An introduction to the concepts of mindfulness and the benefits of a mindfulness practice.
- Meditation: basic posture, breathing, and guided meditations.
- Setting intentions.
- Exploring what "self care" means to them and what is called for to achieve optimal self care practices.
- Mindful movement (gentle Hatha yoga).
- Mindful communication and active listening.
- Mindful eating, walking, speaking.
- Didactive teachings, poems, and stories
- Opportunity to share, ask questions, and form a community among peers.

Benefits of mindfulness in the workplace:

- Stress, anxiety, depression relief.
- Relaxation and improved sleep.
- Fostering a healthy work-life balance.
- Setting intentions and following with actions.
- Enhanced task performance, acuity, focus.
- Mindful communication, active listening.
- Increased awareness of compassion and connection.
- Improved intuition and self awareness.
- Team building, enhanced culture, connection with peers.

Pricing = \$2750