



embrace. empower. elevate.

Ongoing Weekly or Bi-weekly Class Options

Looking for impactful classes for your employees that will make a difference in their week and life?

Mindful Mob has the perfect sessions for your company!



HIIT or Active Fitness Class

 15-30 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.

Sound Bath with Meditation

 15-20 minutes


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

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.

Mindfulness Session

 15-30 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

 15-30 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

Virtual

One-off class: \$350
10-class pack or more: \$250/class

In-Person

One-off class: \$500
10-class pack or more: \$350/class