



# MENU *of Events*

**MINDFULNESS | PHYSICAL | EMOTIONAL | WELLBEING**

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LOOKING FOR A FUN AND INTERACTIVE CORPORATE WELLNESS EVENTS?  
WE HAVE THE PERFECT SESSIONS FOR YOUR COMPANY!

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## CONSCIOUS CONNECTED BREATHWORK

Bring awareness back to the present, grounding you as you set intentions and harness the power of your breath. This will allow you to access your subconscious, in which you will experience a heart-opening, ego-dissolving, and Psychedelic-like state of consciousness. Some of the benefits of this Breathwork are:

- Release Stress, Anxiety
- Activates Parasympathetic Nervous System
- Process Physical and Emotional Trauma
- Mood Boosts
- Improve Immune Function
- Mental Clarity

 30 min

## WELL AT WORK: TIPS FOR REST & RESET


This workshop offers participants the 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 & minds respond to excessive workplace stress.

 60 min

## HOW YOUR MIND WORKS ON MEDITATION

Your employees will 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 combat feelings associated with burnout, overwhelm, & 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.

 45-60 min

# WELLNESS EVENTS



### 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

\*Price may differ for specialty or customized events



## SET YOUR DAY FOR SUCCESS

Employees learn to set their day for success, going back to doing the small things that make a big impact in their day to day. Some of the areas that will be covered in this powerful event:

- Setting up morning routine;
- Incorporating workspace positive habits;
- Time for meditations and gratitude;
- Tools to have additional successful days and feel healthier overall.

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

 60 min


## SAY NO TO STRESS

This class is an experience for the physical and emotional body. Incorporating Mindfulness based Meditation + Stretching from your desk + a relaxing Sound Bath. This class brings peace to the mind and harmony within the body, leading to superior performance, creativity, and improved concentration and focus. Attendees will learn incredible tools they can use every day right from their desk.

 45-60 min

## LET'S STRETCH FROM YOUR DESK

Learn to take small physical breaks through gentle movements, and stretches right from your desk. This class will boost your energy, creates space in the body, and reduces tension.

 20-45 min

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## YOGA ANYWHERE

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.

 30-60 min

## POWER OF OUR WORDS CHANGE YOUR THOUGHTS = CHANGE OUR LIFE

Dive into the difference between the 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.

 45-60 min

## HAND PAN AND POEM

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. We'll also include some breathing and mindfulness guidance throughout the class.

 30 min

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## GRATITUDE, GOALS, AND VISION JOURNALING

A workshop built on embodying gratitude as we explore future goals and visions.

Attendees will be led through a short meditation and journaling prompts to lay a foundation of gratitude, find clarity on their goals, and have a quick tutorial on how to vision board (physically and digitally).

 45-60 min

## EMBRACE YOUR SENSES

(In person only)

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.

 60 min

## CREATING AN INCLUSIVE WORK ENVIRONMENT

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.

 90 min

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## LUNCHTIME SALSA CLASS FOR BEGINNERS

Learn the basics of salsa dancing while waking up your body, releasing stress, and boosting your mood. No experience is needed and you will have a blast. Not only will you burn calories and pump up your metabolism, you will also improve your balance, coordination, and posture.

One of the best ways to stimulate your creativity is to move your body and salsa dancing is an exhilarating way to shake up your hips and your daily routine. Afterwards, you will have more energy, feel relaxed for the rest of your day, and enjoy that spring in your step.

 60 min

## RADICAL SELF-CARE

Succeed without sacrificing your well-being! Participants will learn sustainable self-care skills so that they can take care of themselves while excelling. We'll build habits within emotional awareness, boundary-setting, healthy communication, and more.

Employees will learn:

- How to establish a sustainable self-care practice that can grow with YOU.
- The 3 steps to communicate effectively & achieve your goals.
- Signature self-awareness exercises to help you feel calm, confident, and present.

 60 min

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## LEADERSHIP PHILOSOPHY & CORE VALUES

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.

 90 - 120 min

## INCLUSIVE WORK ENVIRONMENT

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 120 min

## BREAKING THE BURNOUT CYCLE

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.

 120 min

# WELLNESS EVENTS

*Inclusion + Leadership Classes  
by Loretta Turner*

## VIRTUAL

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## IN-PERSON

One-off class: \$500  
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# THANK YOU!

**LET MINDFUL MOB HELP YOUR EMPLOYEES MANAGE THE STRESS AT EASE.  
WE LOOK FORWARD TO EMPOWERING YOUR TEAM TO LIVE LIFE WELL!**