

Workplace Wellness

Helping organizations build healthier, more resilient teams through customized wellness programs.

Our Approach

We collaborate with workplaces to design tailored virtual health and wellbeing programs that align with the unique needs of your team. Our services integrate therapeutic yoga, mindfulness, wellness education, and evidence-based practices that:

- Reduce stress and anxiety
- Enhance focus, morale, and productivity
- Support employee recovery and resilience



Program Options

Select from our engaging 4-Week Virtual Wellness Programs or create a flexible schedule with weekly, bi-weekly or monthly sessions tailored to your team.

lusana
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Calm @ Work

Manage stress, restore focus, and build resilience. This program introduces practical techniques—such as guided breathing, mindfulness, and relaxation strategies that employees can use at their desks, promoting calm, clarity, and improved productivity.

The Seated Reset

This chair yoga program helps employees release tension, improve posture, and restore energy. Each session offers simple stretches and mindful movement designed to reduce stiffness, boost focus, and support overall wellbeing during the workday.

Mindful Minutes

A guided meditation and breathwork series designed to help employees pause, reset, and recharge during the workday. Participants learn practical techniques to reduce stress, enhance focus, and cultivate a calmer, more resilient mindset.

Why Choose Us?

- Tailored to your workplace culture and goals
- Evidence-based, practical, and easy to integrate into the workday
- Delivered virtually for accessibility and convenience

Contact us today and invest in your team's wellbeing.