

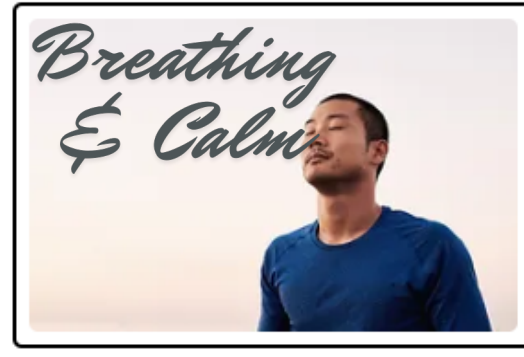


WELLOGA.

WELLBEING EXPERIENCES



- Yoga (variety of styles)
- Pilates
- Pentagon (like F45 30 mins)
- Fitness Medium
- Animal Movement
- Qigong
- Desk Stretches & Mobility



- Pranayama (Yogic Breathing)
- Learn to Breath (Functional)
- Life Force (Practical & Energetic)
- Self Massage & Screen Fatigue
- Mandala Doodling for Focus
- Earthing, Grounding & EMFs
- Yoga Philosophy at Work
- Joy Factor : Science 4 Savoring life



- Healthy Cooking Classes
- Food & Mood (Blood Sugar)
- Eating 4 Longevity (Chinese M.)
- Intuitive Eating (Ayurveda M.)
- Fad Diets Pro's and Con's
- High Protein Diets
- Meal Planning & Prepping
- Food for Heart Health
- Grocery Store Shopping Tips



- High Energy Positive People
- Navigating Negative Self Talk
- Energy of Heart & Forgiveness
- Effective Communication
- Negotiating Job & Life
- The Vibration of Gratitude
- Self-Observation in Wellness
- Unapologetic Writing
- Phycological Safety @ Work



- GUIDED MEDITATION
- The Importance of Meditation
- Magic "Get Mentally Unstuck"
- Mindfulness 101/102
- Self Care 101
- Understanding Stress
- Slowdown Superstar
- Vibrant Aging
- 6 Types of Burnout (Prevention)



- Delegate Like a Leader
- Values-based Leadership
- People-Centric Leadership
- AI in the Workshop
- 7 Steps to Navigate Change
- Navigating Change in Workplace
- Choices and Decision Making
- Stress Reduction Programs TTSD
- Make Your Habits Stick



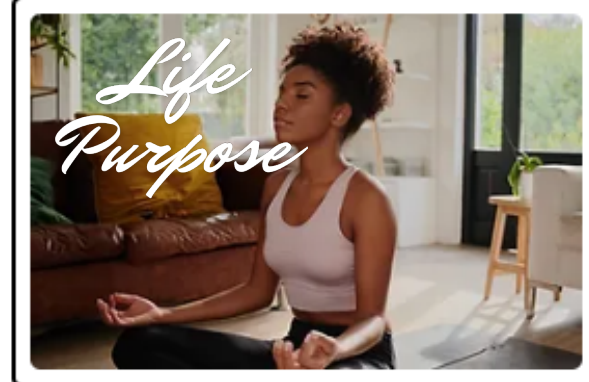
- Wellness Standup Comedy
- Gut Feelings: An Understanding
- Emotional Resilience
- Intuitive Intelligence
- Self Care Emotional Tools
- High Energy People
- Sound Healing (Virtual STEREO)
- Navigating Unconscious Bias



- Race & Racism
- BIPOC Wellness
- Conflict Resolution & Productivity
- Boundaries & Empowerment
- Build Trusting Relationship @ work
- Healthy Relationships at Work
- Coherent Communication (values)
- Navigating Power Differentials
- Dealing with Difficult People



- Real Time Adaptability
- Times of Change: Resilience
- Corporate Culture
- Managing Energy (Body/Mind)
- Feng Shui Your Work Space
- Conscious Choice
- Healthy FurryFriend (Pet anxiety)
- Confidence Via Fashion Styling



- Heart Math Teams
- Identity Workshop: Who are you
- Purpose "Mental Training"
- Values Driven Achievement
- Gratitude as a Pathway to Joy
- Creating A Mindful Vision Board
- Chakra Integration 4 Everyday
- Spirit Fly: Step into Purpose
- Intention Setting Art Zone