

# STRESS LESS

## WELLBEATS CLASSES FOR REDUCING ANXIETY



### Clear Your Mind

**Channel: Office Breaks** | 2 minutes

Need a recharge? This quick Office Break is perfect to clear your head and refocus with effective breathing techniques.



### Yoga Basics

**Channel: Fusion** | 20 minutes

Get ready to feel more aligned and energized. Improve your posture and stability with this yoga flow.



### HIIT Cardio

**Channel: Circuits** | 20 minutes

In this HIIT circuit, you will be challenged to drive your intensity and heart rate up for 30 seconds, followed by 30 seconds to rest.



### Breathe Into It

**Channel: Recovery** | 20 minutes

Designed to stretch and release the tight areas of your body. Focusing on the areas needing it the most so you feel open, mobile and free.



### Restorative Yoga

**Channel: Time Savers** | 15 minutes

When you are on the go or short on time, this relaxing and calming yoga practice will help you wind down and release the muscles of the hips, spine, and shoulders.



### Grind It Out

**Channel: Rev** | 35 minutes

Have a blast while working hard. This class uses hills, speed and intervals to build strength and endurance in your lower body.

**Wellbeats™**



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