



Relax Your Mind and Body with On-Demand Yoga

Wellbeats *Wellness*, a product of LifeSpeak Inc., is your exclusive, complimentary fitness and wellness benefit to help you live a healthier life. With Wellbeats *Wellness*' on-demand video streaming platform, you have unlimited access to a variety of yoga classes for all ages, levels, abilities, and interests.

Types of yoga classes include: yoga sculpt, therapeutic yoga, restorative yoga, ashtanga, hatha, vinyasa, and yin.



Try a Wellbeats yoga class today



Yoga BASIC
20 mins | ★ 4.6



Chair Yoga
25 mins | ★ 4.7



Quick Yoga Stretch
16 mins | ★ 4.7



Athletic Yoga
31 mins | ★ 4.7



Gentle Flow
23 mins | ★ 4.8



Yin Relaxation
52 mins | ★ 4.6



Therapeutic Yoga: Back
28 mins | ★ 4.7



Yoga Barre Blend
21 mins | ★ 4.7



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