

## MINDFULNESS

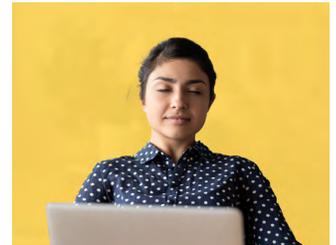


# Improve your mood and mindset

Mindfulness is key to mental wellbeing and living a healthier life. With Wellbeats *Wellness*, a product of LifeSpeak Inc., you can make mindfulness a part of your everyday routine with expert-led, on-demand classes for a happier, healthier you.

Paired with its extensive selection of fitness and nutrition classes, Wellbeats *Wellness*' mindfulness classes focus on meditation, breath, and movement for an approachable and accessible way to relax the mind and body. This includes:

- Guided meditation for self-awareness and gratitude
- Restorative yoga to connect the mind and body
- Techniques to improve focus and understand feelings in the moment
- Breathing exercises to pause and reflect
- Goal-based programs to manage stress
- And so much more!



## Keeping Your Mental Wellbeing Top-of-Mind



### MEDITATION

Beginner or advanced, Wellbeats *Wellness*' meditation classes help reduce stress, create emotional balance, increase focus, and bring an overall sense of both physical and mental peace.



### MINDFUL MOVEMENT

The mind and body are powerful allies. These classes promote the mind-body connection, helping to calm the mind, bring awareness to the present moment, and build resilience into your every day through meditation, breath, and movement.



### MINDFULNESS EDUCATION

Mindfulness means paying attention in a particular way on purpose, in the present moment, and without judgement. The classes in this category cover techniques to incorporate mindfulness into your daily life.

# Mindfulness for Your Everyday Life



**Intro to Meditation**  
7 mins | ★ 4.6



**Fresh Focus**  
6 mins | ★ 4.4



**Essential Yin**  
16 mins | ★ 4.7



**Mindful Breathing**  
6 mins | ★ 4.6



**Therapeutic Yoga: Back**  
28 mins | ★ 4.7



**Gratitude Meditation**  
5 mins | ★ 4.5



**Finding Stillness**  
17 mins | ★ 4.6



**Chair Yoga**  
25 mins | ★ 4.7

**And so much more!**

## Providing Support in Every Mindful Moment

Meet some of our mindfulness experts.



**CHANCE Y.**

Chance is a registered yoga teacher and leads public and private practices. He specializes in Vinyasa/Hatha with an emphasis on alignment, internal integrity, and self-healing/self-maintenance.



**GRETA W.**

Greta is a Reiki Master and certified yoga and meditation instructor. She is dedicated to lifting up the collective consciousness through authentic expression and word and guiding souls home to themselves through yoga, meditation, mind-body connection, and sound.



**JAN J.**

Jan is a certified yoga teacher and a professional vegan chef with a Precision Nutrition Certification. Her teaching approach stems from her intuitive nature and the energy coming from participants.



[portal.wellbeats.com](https://portal.wellbeats.com)  
[support@wellbeats.com](mailto:support@wellbeats.com)