



Wellness



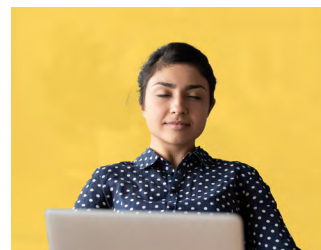
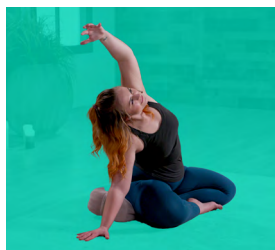
Support for Your Wellbeing

Find support for your health and wellbeing whenever you need it most. Whether you're seeking help for mental health, stress and anxiety, burnout, self-care, or overall wellbeing, Wellbeats *Wellness*, a product of LifeSpeak Inc., is your complimentary health and wellness benefit available anytime, anywhere.

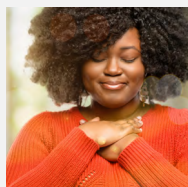
Explore 1,200+ expert-led, on-demand fitness, nutrition, and mindfulness classes for a happier, healthier you - for free!

This includes:

- Guided meditation for self-awareness and gratitude
- Stress-relieving workouts to improve your mindset
- Healthy recipes to boost your mood and energy
- Restorative yoga to connect the mind and body
- Goal-based programs to manage stress



Relax and Recharge with Wellbeats *Wellness*



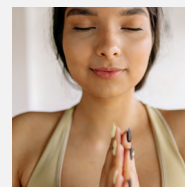
MEDITATION

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!

Support and Guidance from World-Class Experts

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.



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