

NEED SOME IDEAS ON
HOW TO INFUSE WELLNESS
INTO YOUR EVENTS?

Take Inspiration From Our

*Monthly
Theme
Calendar*
Below!

This Month's Themes

January



NATIONAL HOBBY MONTH


Start a new hobby in the New Year that strengthens your body & mind! Bring yoga into your workplace in January.

MENTAL WELLNESS MONTH

Nurture your team's mind. Whether it's through meditation, yoga, or journaling, we have you covered.

HEALTHY WEIGHT WEEK

From the 21st- 27th, hit your goals! Along with our yoga sessions, we have nutrition focused wellness workshops.



This Month's Themes
February

AMERICAN HEART MONTH

Yoga has been linked to lower blood pressure, cholesterol, & heart rate. Join us & keep your heart healthy this month.

VALENTINES DAY

Beyond chocolates & flowers. Focus on self-care & inner love through heart opening partner yoga & meditations.

RANDOM ACTS OF KINDNESS

During the 14th-20th, treat yourself or your employees to a private or corporate wellness session to show your love.



This Month's Themes
March

ST. PATRICK'S DAY

Celebrate your luck with your team on the yoga mat or in a massage chair. Theme: We feel so lucky to work with you!

WOMEN'S HISTORY MONTH

Celebrate the women at your organization this month by taking a group yoga session or wellness workshop together.

NATIONAL NUTRITION MONTH

Get into a new food habit this month with our nutrition focused workshops- from meal prep tips to better digestion.



This Month's Themes
April

STRESS AWARENESS MONTH

Incorporate stress management routines into your daily life this month like mindful movement or breathwork.

CORPORATE HEALTH DAY

On April 4th, empower your team with wellness through a yoga session, chair massages, or mindful meditation.

EARTH DAY

Join us in honoring Mother Earth on April 22nd with nature-inspired flows & sustainable wellness practices.



This Month's Themes
May

EMPLOYEE HEALTH & FITNESS MONTH

Elevate your team's well-being & fitness goals with customized yoga sessions & rejuvenating chair massages.

MENTAL HEALTH AWARENESS MONTH

Promote self-care, resilience, & inner balance throughout this important month with yoga & meditation practices.

CORRECT YOUR POSTURE MONTH

Through mindful alignment, let's correct imbalances, alleviate pain, strengthen your core, & improve posture.



This Month's Themes
June

MIGRAINE AWARENESS MONTH

Integrating yoga, breathwork, or meditation into your routine can offer relief by reducing common stress & tension- common triggers for migraines.

GREAT OUTDOORS MONTH

Bring together a group of friends, family, or coworkers for an outdoor yoga session this month.

INTERNATIONAL DAY OF YOGA

On June 21st, celebrate with your team & foster wellbeing. Recharge, rejuvenate, & cultivate harmony in the workplace.



This Month's Themes **July**

EVERY BODY DESERVES A MASSAGE WEEK
Let us knead away your team's worries & restore balance to the body & mind through July 14th-20th. Offer chair massages to your employees this month.

FOURTH OF JULY

Celebrate your freedom to prioritize self-care! Ignite your teams' inner spark and help them cultivate a sense of inner peace.

INTERNATIONAL SELF CARE DAY

On July 24th, treat your team to a day of relaxation & wellness in office to celebrate the importance of self-care.



This Month's Themes
August

NATIONAL WELLNESS MONTH

The options are endless! Treat your team to something new each week with workshops, yoga, massages, & more.

EXERCISE WITH YOUR CHILD WEEK

The first week of this month, join us for one of our many kids programs. From birthday parties to family yoga, to after school yoga, we have you covered!

INTERNATIONAL PEACE MONTH

Foster inner peace, mindfulness, & compassion this month, contributing to the collective pursuit of global harmony.



This Month's Themes
September

HEALTHY AGING MONTH

Age gracefully & keep your bodies moving & minds clear this month. Also check out our senior wellness programs!

SELF IMPROVEMENT MONTH

Enhance your physical, mental, or spiritual wellbeing this month with a new routine that fosters personal growth.

PAIN AWARENESS MONTH

Treat your employees to a release of tension with a chair massage or gentle movement with a yoga session.



This Month's Themes
October

ADHD AWARENESS MONTH

Wellness programs in the workplace are proven enhance productivity & workplace culture to encourage engagement.

BREAST CANCER AWARENESS

Embrace strength & resilience through the practice of gentle yoga. These poses along with mindful breathing & meditation can provide emotional support & stress relief.

LEARNING & DEVELOPMENT MONTH

Our workshops include more than yoga & meditation! Learn about conscious communication or burnout this month.



This Month's Themes
November

CAREER DEVELOPMENT MONTH

Calling all leaders! Bring your team together for one of our many wellness workshops on enhancing company culture.

DIABETES AWARENESS MONTH

Incorporating yoga into your daily routine this month can improve insulin sensitivity, enhance blood sugar control, & foster a healthier & more balanced life.

THANKSGIVING

Show your gratitude for your employees this month through one of our wellness programs for the whole team.



This Month's Themes
December

**SEASONAL AFFECTIVE DISORDER
AWARENESS MONTH**

Check out our blog for best practices on how to combat SAD in your personal & work life.

SPIRITUAL LITERACY MONTH

Connect with your inner self this month & open your mind to the benefits of one of our many wellness workshops.

HOLIDAY SEASON / YEAR END

Offer your team a relaxing chair massage or a reflective yoga session to close out the year & bust holiday stress.



TAKE THE STEP
TODAY

TOWARDS CREATING AN
ENVIRONMENT WHERE
WELLNESS IS NOT JUST
ENCOURAGED, BUT

INTEGRATED

INTO EVERY ASPECT OF YOUR
BUSINESS OPERATION.



Contact Us

at www.vibrant.yoga/contact to explore how we
can partner together in fostering a vibrant
workplace community.



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Chicagoland Area



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