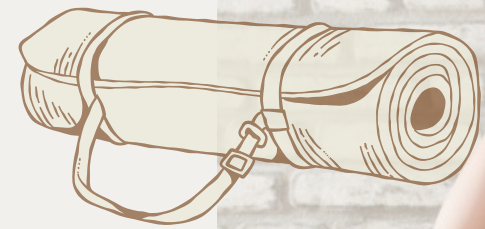


# Wellness Workshops



In the wellness workshop sessions, we will introduce you to the fundamentals of wellness, covering topics such as physical activity, nutrition, mindfulness, and stress management.

We will provide you with the knowledge and tools necessary to build a healthier and balanced lifestyle through practical and sustainable choices.

Our sessions can be virtual or in-person, typically 45 minutes long, & are designed to help you take the first step towards a happier, healthier life.

Unsure of where to begin? Check out all of the different wellness workshops we can do below!



# Our Wellness Workshops

## Stress Management

Help develop strategies to reduce & manage stress levels in your personal & professional lives. We provide you with a practical understanding of stress, its causes & effects, the impact it has on physical & mental health, & equip you with the tools & techniques to manage it effectively in daily life



## From Burnout To Peace

Empower your employees to find renewed balance & well-being with our 'From Burnout to Peace' workshop. Equip your team with practical tools & strategies to overcome burnout, enhance productivity, & foster a healthier, happier workplace

## Self-Care Tips & Tricks

Prioritize your physical, emotional, & mental health. Learn a range of strategies & techniques including mindfulness & meditation practices, effective communication skills, healthy eating habits, sleep hygiene, & creative self-expression



# Our Wellness Workshops



## Conscious Communication

Designed to empower employees with the skills & mindset needed to foster open, empathetic, & authentic communication in the workplace. Through a series of engaging exercises, discussions, & practical techniques, participants will develop a deep understanding of the power of conscious communication & learn to harness it for personal & professional growth.

## Creating a Zen Workplace Setting (at-home/in-office)

Designed to help individuals & organizations foster a more peaceful, productive, & positive work environment. We'll discuss the benefits of creating a Zen workplace, including increased productivity, reduced stress, & improved morale.



## Posture Lab

In this workshop, you will understand how your posture - both standing & seated - can impact your entire body, contributing to low back pain, knee discomfort, & rounding of the upper spine. You will learn tips & gentle movements to help counteract these tendencies, enabling you to stand taller, feel better, & breathe more deeply.



# Our Wellness Workshops

## Dynamic Wellness

Designed to provide you with practical tools & strategies for improving overall health & wellbeing. This interactive workshop focuses on nurturing three essential components of wellness: the body, mind, & spirit. Care for the physical body through exercise, nutrition, & self-care practices. Manage stress, depression, & anxiety through mindfulness practices. Explore the role of spirituality in your life & learn how to develop a regular practice of gratitude, mindfulness, & self-reflection



## Sleep Tips & Tricks

Providing you with practical strategies to improve the quality & quantity of sleep. The workshop will be focus on helping you understand the importance of sleep & how to overcome common sleep challenges. We will learn about the different stages of sleep, how to create a sleep-conducive environment, & the role of lifestyle factors such as exercise, diet, & stress management in promoting restful sleep

## Lifestyle Changes for More Energy & Better Digestion

An informative & interactive session where we explore how small changes in your daily routine can lead to big improvements in your energy levels & digestive health.



# Our Wellness Workshops



## Science of Breath & Breathwork Exercises

An interactive & educational experience designed to explore the power & potential of our breath. Participants will learn about the science behind breathing, including the anatomy & physiology of the respiratory system, the importance of breath in maintaining optimal health, & the role of breath in regulating the nervous system

## Intentional Journaling for Self-Reflection

Explore & understand your thoughts, emotions, & behaviors through the art of journaling. Through a combination of guided exercises, writing prompts, & group discussions, you will develop a deeper sense of self-awareness & gain valuable insights into your lives.



## Yoga Nidra

Come experience the deep relaxation & restoration of the practice of Yoga Nidra. Often referred to as "yogic sleep", we will take you into a deep meditative state which allows your body to return to homeostasis at a cellular level, & your immune system to function optimally. Similar to a guided meditation, Yoga Nidra will guide you through an inward experience deep into the self, & you'll awaken feeling refreshed as though you've had a full night's sleep.



# Our Wellness Workshops

## Understanding the Chakra System

Learn about the role each chakra plays in your physical, emotional, & spiritual wellbeing & explore ways to bring them into balance. Involves guided meditations, breathwork, & movement exercises designed to activate & balance each chakra. These practices may include visualization techniques, chanting, & yoga postures tailored to each energy center.



## Intro to Plant-Based Nutrition

Are you curious about plant-based options? Do you want to incorporate more plants into your eating habits? Do you wonder things like, "where will I get protein?", "what will I eat?". In this workshop we'll learn all of the basics about a more plant-centered diet, & the science behind this healthful way of eating. Not interested in being vegan? NO PROBLEM! Even if you're just wanting to occasionally create more plant-centered meals you'll enjoy this workshop. You'll walk away with a wealth of knowledge about plant-based options, a deeper understanding of your own eating habits & mindful eating practices, & an awareness of useful resources to refer back to for information & recipes to keep your diet varied, fresh, & interesting.

## Easy Meal Prep for a Successful Work Week

Learn the tools to help you save time & reduce stress during your busy work week by learning how to prepare healthy & delicious meals in advance



# Our Wellness Workshops



## Intro to Ayurveda

Ayurveda is the "science of life" & has been the major system of medicine in India for over 3,000 years. Ayurveda focuses on a whole-person approach to health & wellness, focusing not on what's wrong or on disease, but by honing in on how to maintain health through a delicate balance between mind, body, & spirit. We'll learn about the basic dosha types, changes throughout the year & throughout the life cycle, and how to live in a better balance and harmony with our surrounding environment physically, emotionally, & energetically.

## Aromatherapy

An immersive experience that explores the healing power of essential oils. This workshop will introduce participants to the basics of aromatherapy & how to use essential oils for emotional, physical, & spiritual well-being. Participants will have the chance to practice aromatherapy techniques & learn about specific oils that can help with common ailments, such as stress, anxiety, & insomnia.

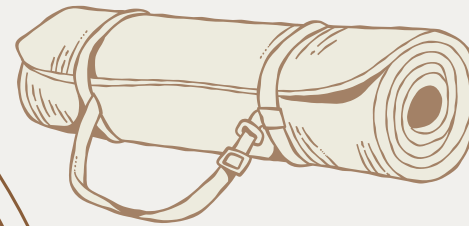


## Stress-Resilience

Designed to help develop resilience to stress, which is an important skill in today's fast-paced and demanding world. You will learn about the impact of stress on physical, emotional, & mental health, as well as strategies for reducing stress & building resilience. Explore the concept of mindfulness and its role in managing stress, including mindfulness meditation & breathing exercises.



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](http://www.vibrant.yoga/contact)

to explore how we can partner  
together in fostering a vibrant  
workplace community.



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