



corporate Wellness breaks.

WITH RITUAL YOGAHOUSE

Virtual Conference Classes; Live 2 Air

Mindfulness Meditation
15 min:

Yoga Flow or FITcamp Class
15 min:
30 min:

Virtual Conference Classes: Pre-Recorded

Mindfulness Meditation
15 min:

Yoga Flow or FITcamp Class
15 min:
30 min:

*Pre-Recorded Classes also
available in French*



Home Office Midday REBOOT

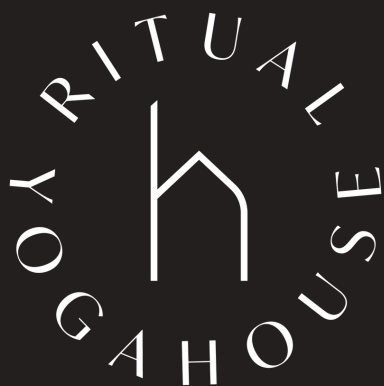
Encourage your team to take a time out and REBOOT their day with this revitalizing 45 minute midday Ritual. This class embodies slow Hatha postures, deep Yin stretches and ends with mindfulness meditation. Your team will return to work and tackle their afternoon with a renewed level of energy and clarity.

Private Class for your team, on Zoom:

45 min. min 10 people

Single Class Passes to join Ritual's Regularly Scheduled Class:

Tuesdays + Thursdays, 12pm, 45 min. no minimums



Had something else in mind?
We are happy to work with you
create a Customized Wellness
Program that suits your
Company's specific goals

