



# Wellness Solutions

DESIGNED FOR THE WORKPLACE

powered by RITUAL YOGAHOUSE 

Show your team you genuinely care about their personal Wellness and Mental Health by incorporating Healthy Rituals into your next Conference or Team Building Event.

- Conference Wellness Breaks
- Private Classes
- Team Building
- Mindful Workshops
- Mediation Breaks
- Corporate Gifting

Ritual Workplace will work with you to customize a Wellness Solution that aligns with your team's specific goals and pair you with a professional Movement or Mindfulness Coach to host your event.