

Powered by RITUAL  
YOGAHOUSE

## Conference Wellness Breaks

Many hours of preparation and careful thought goes into planning and executing your Conference, make sure your attendees remain engaged throughout by including a Wellness Break powered by Ritual Yogahouse.

Our Wellness Breaks are bite sized Yoga, Pilates, Meditation and Ab'Asana classes that will get your attendees bodies moving, blood pumping and their brain re-engaged when they are nearing the "information overload" point of their day.

*Let us Energize your Next Event!*

