



Corporate Wellness Breaks

with Ritual Yogahouse

WFH 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:

Price for 45 minute class is based on a minimum of 15 participants

Single Class Pass:

*Gift your team Single Class Passes to join Ritual's Regularly Scheduled **Midday REBOOT** on a day that aligns with their current projects.*

Tuesdays + Thursdays at 12pm, 45 min. No min required

**Classes are accessed on Zoom*



Virtual Conference Wellness Breaks

You put so much into planning and executing your Virtual Conference, make sure your attendees remain engaged enough to benefit from your efforts. Ritual's Wellness Breaks are bite sized Yoga, Meditation and FITCamp classes with a goal to get your attendee's bodies moving, blood pumping and their brain re-engaged at that midway point when they are nearing "zoom fatigue" during their day.

Pre-Recorded Wellness Breaks

Yoga Flow, Level 1

FITCamp, Level 1

Mindfulness Meditation

All Pre-Recorded Classes are 15 minutes in length. We will work with your AV Team to upload the video to their preferred Virtual Conferencing Platform. Pre-Recorded Classes are also available in French



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