

SAVAGE WELLNESS

2023

CATALOG



Fitness

All active sessions run
between 15 and 90
minutes.

All sessions are customizable.



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WELLNESS

Virtual sessions can be set up as a meeting OR webinar.
In person sessions available based on location and COVID protocol.

Yoga

The practice of joining
mind and body.

Beginner Yoga
Chair Yoga
Deep Stretch Yoga
Family Yoga
Gentle Yoga Flow
Intermediate Yoga
Kids Yoga
Parent and Baby Yoga
Power Yoga
Restorative Yoga
Slow Flow Yoga
Vinyasa Yoga
Yin Yoga
Yoga Flow
Yoga for Alignment
Yoga for Balance
Yoga for Core Strength
Yoga for Seniors
Yoga Stretch
Yoga Sculpt

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Cardio

Aerobic workouts, low and high intensity designed to challenge the heart and vascular systems.

Cardio Dance

Cardio Circuit Training

Chair Cardio Dance

Chair Zumba

HIIT

Kickboxing

Kick It

Latin Dance

LIIT

Tabata

Tennis Prep

Ski Prep

Mindfulness Walk

Zumba

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Strength

Classes to build muscular strength and endurance.

Barre

Boot Camp

Boot Camp for Beginners

Circuit Training

Core Crunch

Cross Fit

Pilates

Pilates Sculpt

Resistance Bands

Sculpt & Tone

Strength Training

Stretch & Strengthen

Total Body Reset

TRX

Yoga Fusion

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Stretch

Loosening of tight muscles.

Back Stretches
Ball Rolling
Desk Stretching
Flex and Stretch
Foam Rolling
Full Body Stretch
Mindful Stretching
Self-Massage
Stretch & Strengthen
Stretching 101
Stretching for Flexibility
Trigger Point Massage
Warm Up/Cool Down

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Martial Arts

Practices of attack and self-defense, mindfulness and spirituality.

American Kempo
Kickboxing
Krav Maga
Muay Thai
Qigong
Self Defense Class
Tai Chi
Tang Soo Do

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Mindfulness & Meditation

**All sessions run between 5 and 90 minutes.
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OR webinar.**

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location and COVID protocol.**

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How to Bring Mindfulness into Everyday Moments

History of Mindfulness

Introduction to Mindfulness

Mindfulness Activities

Mindful Eating

Mindfulness Walk

Mindfulness for Kids

Mono-Tasking

Morning Mindfulness

Mindfulness

THE STATE OF BEING AWARE
& PRESENT.

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location and COVID protocol.**

SAVAGE WELLNESS

Beginning a Meditation Practice

Breathing Exercises

Guided Meditation

History of Meditation

How to Meditate

Meditation 101

Meditation for Sleep

Types of Meditation: Find out what works for you.

Walking Meditation

Weekly Meditation Practice

Meditation

THE PRACTICE OF
CONTROLLED FOCUS OF THE
MIND.

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Seminars

All Seminars are between 25
and 90 minutes in length.

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Fitness Seminars

Part I

Cold Weather Fitness
College Self Defense
Family Fitness
Family Safety Course
Finding Time for Fitness
Fitness & Food
Fitness for the Busy Professional
Fitting in Fitness
Hiking 101
Hot Weather Fitness
Indoor, At Home Fitness
Outdoor, At Home Fitness
Resistance Training
Self Defense
Self Massage Seminar
Skiing 101
Starting a Fitness Routine
Starting a Walking Routine
Starting to Run

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Fitness Seminars

Part II

Stretches and Exercises for your Back

Summer-ize your Fitness Routine

The Anatomy of Yoga

Travel Safety

Trigger Point Seminar

Weekend Warrior

Winter-ize your Fitness Routine

Work Place Safety & Self Defense

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Nutrition Seminars

Part I

Alcohol and the Body
Beans and other Legumes
Building a Pantry
Budget Friendly Meals
Budget Friendly Snacks
Cooking Demos
Cooking for One
Cooking for Two
Dairy Free Life
Diet Trends Explained
Disordered Eating: signs and symptoms
Eating for Energy
Eating for Health & Wealth
Eating for your Body Type
Fasting: is it for me?
Fresh Food on a Budget
How to Hydrate with Food
How to Kick the Caffeine Habit
How to Kick the Sugar Habit

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Nutrition Seminars

Part II

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How to Snack

Hydration/Dehydration: debunking myths & decoding body cues

Minimizing Food Waste: a conversation on sustainability

Pantry Meals

Snacks 101

Soda, Sugar & Alcohol Explained

Spices 101

Toddler Meals

30 Minute Meals

Transitioning from a Highly Processed to a Whole Foods Lifestyle

Vegan Explained

Whole Foods Explained

Why Diets Don't Work

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Cooking Demos

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One-Sheet Salmon with Herb Infused Green Sauce

(Created originally for National Nutrition Month 2021.)

Sheet Pan Roasted Vegetables with Homemade
Lemon Herb Sauce

On The Pulse – Packing Simple and Healthy Lunches:

The focus of this demo is how to make a healthy lunch, with each recipe featuring pulses such as chickpeas and lentils. There are 3 total recipes throughout the demo. The recipes are simple and some use convenience ingredients (such as pre-cooked lentils) in order to ensure there is time to showcase all 3.

Healthy On-the-Go Breakfasts

Example topics: overnight oats 3 ways, smoothie prep, protein packed breakfasts.

Easy Dinner Ideas in 30 minutes or Less!

Example topics: homemade pesto, shrimp tacos, seasonal soups.

Pantry Staples for a Healthy Kitchen

How to build your pantry to reduce waste and always have basics on hand. Specific pantry topics include: spices, snacks, grains, longer lasting produce, how to store foods.

Creating Balanced Meals

Understanding portion size

Cooking for Picky Eaters

Navigating Workday Lunch

Tips for Kitchen Confidence

Example topics: knife skills, cooking methods, flavor pairing

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Wellness Seminars

Part I

Anxiety 101
Aromatherapy
Art Therapy 101
Art Therapy (multi part series)
Back Care
Boundary Setting
Building Better Relationships
Building Long Term Self Care
Building Long Term Self Care for Busy Folks
Building Resiliency
Caring for Aging Parents
Challenge Your Mindset
Chakras Explained
Chakra Cleansing Workshop
Change your Mind, Change your Life
COVID-19 and its Effect on Mental Health
Creating and Maintaining Happiness
Creating Better Sleep Habits
Cultivating a Positive Mindset

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Wellness Seminars

Part II

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Ergonomics
Ergonomics for Back Care
Essential Oils Seminar
Essential Oils Workshop
Finding Joy in the Little Things
Finding Time for You
Finding Your Soul's Purpose
Floating, Crystals, Essential Oils: holistic healing explained
5 Ways for Increase Well-Being
Holistic Healing 101
How to Start a Mindfulness Practice
Importance of Recovery
Importance of Recovery 2.0
Incorporating Mindfulness into Your Daily Life
Introduction to DBT
Journaling 101
Letting Your Voice Shine
Men's Health Seminar
Making Lasting Connections

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Wellness Seminars

Part III

Mindful Breathing Techniques
Mindfulness
Mindfulness (multi part series)
Mindfulness 101
Mindfulness & Resiliency
Mindfulness for Stress Management
Mindfulness in Uncertain Times
Music Therapy 101
Music Therapy (multi part series)
Pelvic Floor Health
Positivity
Preventing Burnout
Reflexology Seminar
Reiki Seminar
Reiki Workshop
Resilience
Self Care Essentials
Sleep for Health
Social Connection During Isolation

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Wellness Seminars

Part IV

Starting Therapy

Stress Management

Stress Management (multi part series)

Stress Management & Mindfulness

The Power of Gratitude

The Pursuit of Happiness

The Support Person

Therapy for Kids

Trauma 101

Vagus Nerve Explained

Women's Health Seminar

S A V A G E W E L L N E S S

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Lifestyle Seminars

Part I

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Baking with Kids
Book Club
CBD 101
Cooking with Kids
Counter Top Herbs
Chef Driven Courses
Crotchet 101
Crotchet Club
Crypto Explained
Dog Behavior 101
Gardening 101
Financial Health
Ice Breakers 101: How to start your virtual meeting!
Knitting 101
Knitting Club
Minimizing your Environmental Impact
Minimizing Waste
Pandemic Pets and Beyond
Pastry Chef Driven Courses

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Lifestyle Seminars

Part II

Starting a Flower Garden
Starting a Food Garden
Sustainable and Ethical Beauty
Sustainable and Ethical Fashion
Sustainable Living
THC 101
Virtual Networking
Virtual Meeting Dos and Don'ts
Zoom 101

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Information Tables

All sessions are customizable.



In person sessions available based on location and COVID protocol.

Back Care
Back Screenings
Chair Massage
Fitness Information Table
Health Coaching
Nutrition Coaching
Massage Information Table
Posture Screenings
Reiki Table
Reflexology Table
Resistance Band Information Table
Self Defense Information Table
Yoga Information Table

Information Tables

On-site information tables can be part of a wellness fair or a stand alone event.

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12 Step Yoga
Breathing Exercises
Family Sessions
Journaling
Massage
Meditation
Mindfulness
Nutrition Seminars
Nutrition Based Cooking Demos
Reiki
Self Massage
Strength Training
Tai Chi
Trauma Informed Yoga
Well-being Seminars
Yoga for Addiction
Yoga

Addiction & Recovery

Virtual and In-Person Sessions Available

In person sessions available based on location and COVID protocol.