

Working Wellness

Companies are integrating wellness activities into their day-to-day strategy and overall corporate culture. Happy and healthy employees have proven to result in better productivity, lower healthcare costs, and less turnover. Working Wellness can bring your employees live virtual or in-person classes so they can connect with each other in a healthy way.

We can create a complete corporate wellness plan that encompasses a variety of yoga, meditation, and nutrition classes, or we can schedule a monthly pop-up class as a team building event.

Working Wellness Virtual Yoga is a creative way to provide employees with an option to feel relaxed, refreshed, and rejuvenated together.

Serving clients onsite within 30 miles of Philadelphia and Wilmington and nationally through virtual capabilities.

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Program/Service Name	Description	Onsite only, Virtual only, or Both?
Be Active		
Barre Bootcamp	Barre-inspired fast-paced, low-impact HIIT workout	Virtual only
Barre for Better Posture	Activate and strengthen posture-supporting muscles from top to bottom	Virtual only
Barre for Lower Body	Improve muscle definition and increase strength in lower body	Virtual only
Barre for Upper Body	Improve muscle definition, increase strength, and enhance posture	Virtual only
Beginner Yoga	Intro to yoga/yoga basics	Both
Calm Yoga	Restorative yoga class	Both
Chair Yoga	Seated or standing postures with chair as prop	Virtual only

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Desk Yoga	Relieve tension caused by sitting for long periods of time	Virtual only
Gentle Yoga	Slow Flow with modifications for seniors	Virtual only
Guided Flow Yoga	General yoga class	Both
HIIT Yoga	High intensity interval yoga	Both
Mat Flow Pilates	Intermediate Pilates class	Both
Mat Pilates Posture Pilates	Restore posture/improve alignment	Both
Mat Pilates Principles and Foundations	Intro to Pilates/Pilates basics	Both
Power Flow Yoga	Energetic yoga class	Both
Stability Yoga	Grounding yoga class	Both
Virtual Personal Trainer	One-on-one personal fitness training	Virtual only
Be Nourished		
Easy On-the-Go Options	Nutritious Recipe and Cooking Demonstration	Virtual only
Healthy Seasonal Recipes	Nutritious Recipe and Cooking Demonstration	Virtual only
Immune Boosting Meals	Nutritious Recipe and Cooking Demonstration	Virtual only
Immune Boosting Nutrition	Nutrition Education	Virtual only
Insulin Resistance	Nutrition Education	Virtual only
Intro to Vitamins and Supplements	Nutrition Education	Virtual only
Juices and Smoothies	Nutritious Recipe and Cooking Demonstration	Virtual only
No Sugar Added Desserts	Nutritious Recipe and Cooking Demonstration	Virtual only
Nutrition 101	Nutrition Education	Virtual only
Nutrition Facts and Navigating the Grocery Store	Nutrition Education	Virtual only
Nutrition, Sleep & Mood	Nutrition Education	Virtual only
Plant Based, Vegan, Gluten Free Recipes	Nutritious Recipe and Cooking Demonstration	Virtual only
Be Energized		
Anchor Meditation Practice	Introductory guided meditation	Both
Body Scan Meditation	Deep relaxation through guided meditation	Both

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Formal vs Informal Meditation Practices	Define and practice a formal practice and an informal practice	Both
Guided Mindfulness	Foundational mindfulness practice	Both
Mindful Self Compassion Practice	Increase motivation, boost self-worth, and foster resilience	Both
Stress Reduction Practice	Learn to work through difficult or stressful situations	Both
Be Empowered		
Toolkit for Wellbeing	Resiliency workshop	Virtual only

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