



## CORPORATE WELLNESS

*With Be Well & Rise*

### Back Care & Posture Workshops:

Designed to teach employees about the main muscle groups of the body that are responsible for assisting with good posture. Employees will learn effective stretches and movements to help them counter the effects of time spent at their desk.

### Slow Flow Sequencing (Hatha Yoga)

Move the body, still the mind. These weekly, bi-weekly, or monthly classes are designed to relieve tension in the body and provide an environment perfect for de-stressing. Classes are designed for all levels and are more geared towards relaxation.

### Strengthening & Cardio (Vinyasa Yoga)

Vinyasa, which means 'to flow', are classes designed to increase your heart rate. Postures are more strengthening and heat is generated in the body. Great for cardio/ weight loss.

### Meditation & Mindfulness

Meditation & Mindfulness classes are spent seated either on the floor or in a chair. Strong emphasis on breath awareness and bringing the attention inward. Great for midday breaks from work. Small stretches could be added.

### Additional Classes & Activities:

- Pilates Classes
- Wellness Coaches
- Nutrition Seminars
- Stress Management

### How Employers Can Help:

- Offer Healthy Food At Meetings
- Healthy Recipe Pin Board
- Implement Walking/Running Group
- Group Challenges / Team Building

## ABOUT US

Dedicated to making health and wellness activities accessible to all. Whether working with private lessons or in a group setting, we strive to make your health the top priority.

Feel Well : Live Well : Be Well

## CONTACT

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