

# CORPORATE WELLNESS

BRING FEEL-GOOD MOVEMENT INTO THE WORKPLACE

## WHY MOVEMENT & MINDFULNESS AT WORK?

- The importance of movement during the workday is paramount.
- The sedentary lifestyle is linked to many adverse health risks including but not limited to blood clots, obesity, Type 2 diabetes, cardiovascular disease, sluggish digestion, poor posture, muscular atrophy, and more.
- In addition to curbing the above, daily movement helps to improve productivity, reduce brain fog and fatigue, fosters greater engagement, and leads to heightened moods.
- Mindfulness and focus on mental wellness in the workplace can reduce stress, anxiety, and conflict, and increase resilience, emotional intelligence and improve communication.
- A bit of movement and a few deep breaths can make all the difference.

## ABOUT THETA'S TEACHING STYLE

- THETA all about feel-good movement for mental wellness.
- Movement should never be punishment. Finding the way you like to move can be life-changing.
- We want you to come as you are - no judgement, no shame, no preconceived ideas on how you should move or how much.
- We will always meet you where you are: variations and modifications are always provided.
- We want you to lean into what feels great in your body - we do this by being honest and present with ourselves about what we need and what we want to leave behind.
- All instructors are professionally trained and have 6+ years of experience and various backgrounds.
- With THETA, it's about finding the balance of being within your zone of comfort, challenge, and honouring what you need in the moment. This is mindfulness.

# VIRTUAL CORPORATE WELLNESS

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## OPTION 1 - One Time Class

One session of any class type of your choice. Your choice of time and day to schedule the class.

50 min - \$150

30 min - \$80

## OPTION 2 - 4 Classes/Month

One session per week for 4 consecutive weeks. These sessions can be any class offering of your choice - mix and match or keep them all the same.

4x 50 min - \$500

4x 30 min - \$275

## OPTION 3 - 8 Classes/Month

Two sessions per week for 4 consecutive week. These sessions can be any class offering of your choice - mix and match or keep them all the same.

8x 50 min - \$1000

8x 30 min - \$550

ALL SESSIONS ARE VIRTUAL.  
THE INSTRUCTOR ASSIGNED WILL BE DETERMINED BASED ON  
AVAILABILITY AND EXPERTISE.

# IN-STUDIO CORPORATE WELLNESS

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## OPTION 1 - One Time Class

One session of any class type of your choice. Your choice of time and day to schedule the class. Up to 20 people.

1 hr - \$333  
30 mins - \$222

## OPTION 2 - 2 Classes/Month

Two sessions a month. These sessions can be any class offering of your choice - mix and match or keep them all the same. Up to 20 people

2x 1 hr - \$555  
2x 30 mins - \$277

## OPTION 3 - 4 Class/Month

One session per week for 4 consecutive weeks. These sessions can be any class offering of your choice - mix and match or keep them all the same. Up to 20 people.

4x 1 hr - \$1111  
4x 30 min - \$555

ALL SESSIONS ARE IN-STUDIO. MATS AND EQUIPMENT PROVIDED.  
THE INSTRUCTOR ASSIGNED WILL BE DETERMINED BASED ON  
AVAILABILITY AND EXPERTISE.

# CLASS TYPES

FEEL-GOOD MOVEMENT + SOMETHING FOR EVERYBODY

STYLE	CLASS	DESCRIPTION	BEST FOR...
Low Impact	GROUNDING	A class rooted in contemporary Pilates, this class provides a full body workout without lifting your feet fully off the ground. Focus is on full range of motion in the joints for optimal functional movement.	Building strength, stability, and mobility without the impact on the joints.  Great for beginners, pre/post pregnancy, those recovering from injury.
High Impact	ELEVATED	This HIIT class will get your heart rate up. Expect explosive movements, athletic conditioning and strength training.	Moving around stagnant energy, increasing blood flow, cardiovascular and muscular strengthening.
Yoga	HATHA FLOW	In this all-level yoga class, we move intentionally through a series of asana (yoga poses) and pranayama (breathing techniques). Expect mindful breathing, slow movements, strong holds, and deep stretching.	Improving flexibility and mobility, connecting inwards, quieting the mind, and reducing stress and anxiety.
Mindfulness	MINDFUL MEDITATION	In this guided meditation, we'll quiet the mind, bring attention to the breath, and journey through different meditative techniques and practices.	Improving focus and mental alertness, strengthening connection to Self, building healthy habits, and maintaining a healthy mind.

CLASS STYLES CAN ALSO BE COMBINED FOR OUR SIGNATURE FLOWS. FOR IN-STUDIO SESSIONS, MATS AND EQUIPMENT PROVIDED. THE INSTRUCTOR ASSIGNED WILL BE DETERMINED BASED ON AVAILABILITY AND EXPERTISE.