



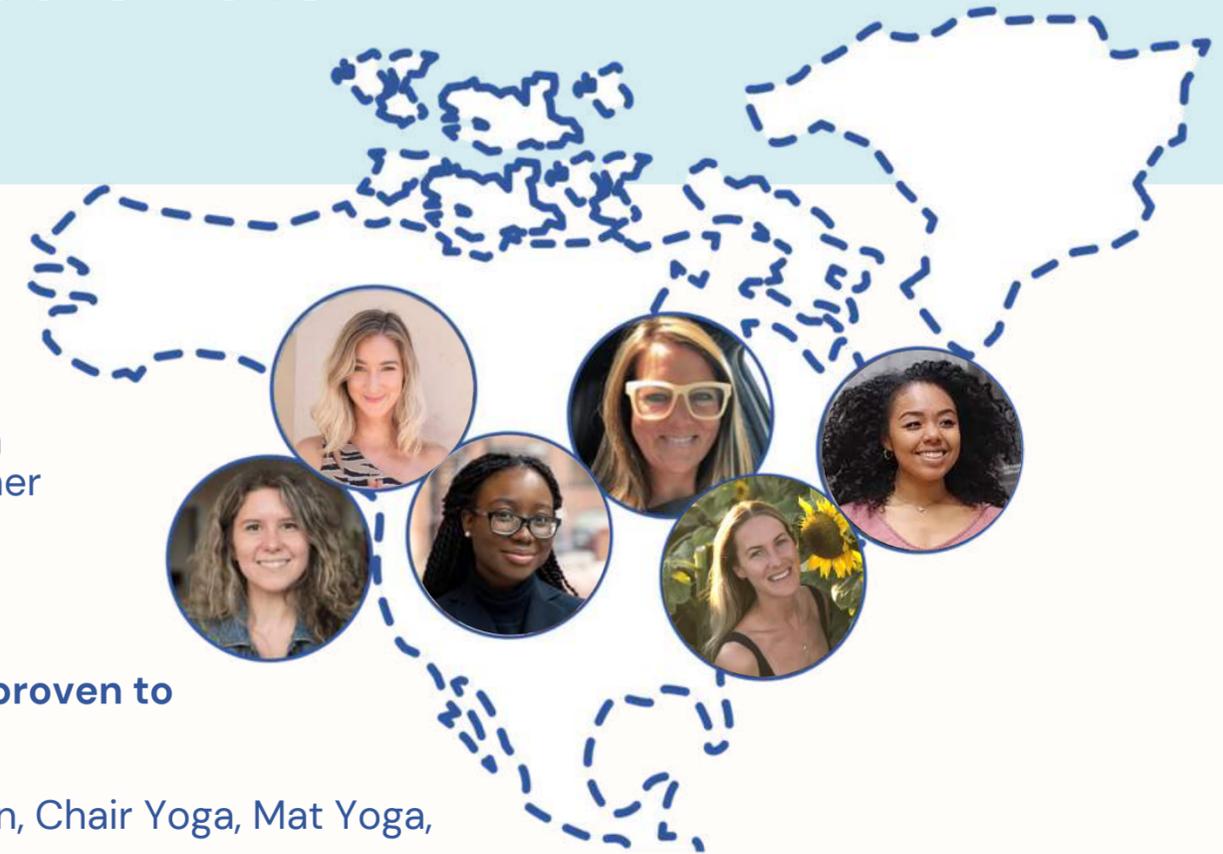
Modern
Corporate Wellness:

Virtual Class Catalog

Because stress reduction shouldn't
stress you out.

Meet The Team

Say Hello To North America's largest team of Corporate Wellness professionals.



About Peak Wellness

Peak Wellness is Corporate Wellness made easy.

Before Peak, booking Corporate Wellness facilitators was a burden, often passed on to the Wellness Team, Office Manager, or unsuspecting summer student. Finding qualified teachers was time-consuming and frustrating. With Peak, you can book individual classes or book a year's worth of wellness workshops, all in one day!

All of Peak's workshops focus on evidence-based practices that are proven to reduce burnout, lower stress, and increase productivity.

Our facilitators are experts in their fields, offering: Mindfulness Meditation, Chair Yoga, Mat Yoga, Mindful Eating & Nutrition, Resilience Training, Fitness, and Pilates.

Peak Wellness is the largest provider of corporate wellness and mindfulness training across North America and one of the few companies able to deploy programming in multiple cities simultaneously. Many people struggle to maintain wellness practices in their spare time so Peak brings the practice to them — at work!

About Kayla

Kayla is the Founder & CEO of Peak Wellness and has over 500 hours of formal wellness training from U of T, Google's SIY Leadership Institute, and Mindfulness Without Borders. After experiencing rock-bottom burnout herself, Kayla left her day job to make mindfulness meditation & holistic wellness tools more accessible for the working professional.



Kayla Kozan

Founder & CEO
kayla@peakwellnessco.com



Mindfulness & Mindset Favorites (30 Or 60 Minutes)



MINDFULNESS 101

This introduction to mindfulness meditation is perfect for calming the mind and releasing stress. In this class, you will learn the subtle difference between mindfulness and meditation and how to bring mindfulness into your work and home life.

This class is highly recommended as a start to any series of sessions.



MINDFULNESS FOR WORK-LIFE BALANCE

This class explores the concept of work-life balance and how to develop it mindfully.

We'll take a look at two data-backed strategies for improving work-life balance, even when working from home! Learn how to use mindfulness to determine what is most important to you.



WORK-FROM-HOME WELLNESS

Working from home comes with a unique set of challenges as many of us struggle to define the boundaries of our work. Learn simple techniques to improve and maintain your wellbeing when working from home.

Great for all teams, whether you are working from home temporarily, or have always worked remotely



MEDITATION 101

Learning to meditate is often overcomplicated! This introductory class explores three popular meditation styles: guided meditation, silent meditation, and walking meditation.

Learn how to determine the best fit for your busy lifestyle and how to get started on with just five minutes a day.

Mindfulness & Mindset Themes (30 Minutes)



MINDFULNESS FOR STRESS REDUCTION

Self-care is essential to maintaining positive mental health and reducing stress.

And self-care isn't just about bubble baths!

This class will look at two techniques you can use to improve your own self-care and support others around you.



MINDFULNESS & THE BODY

Learn more about the science behind mindfulness, the brain, and the body. Take a look at exciting research on mindfulness and the nervous system.

Learn a meditation tool to help shift from "fight or flight" into "rest and digest" and improve overall wellness.



MINDFUL EATING & NUTRITION

Mindless eating can make us feel lethargic and depleted but mindful eating helps us energize and fuel our bodies.

Grab a cup of coffee or tea before the session and we will close with a "*mindful coffee break*" meditation.

A simple practice for fitting mindfulness into your workday.



BREATHWORK BASICS

We use the breath as the foundation for many meditation and yoga practices. This class discusses the basics of breathwork and introduces a breathing method called "*box breathing*."

Box breathing allows the body to leave a state of stress and enter into a state of calm.

Mindfulness & Mindset Themes (30 Minutes)



EMOTIONAL INTELLIGENCE 101

Emotional Intelligence helps us to understand and notice emotions in the workplace.

Learn a mindfulness tool to increase empathy, communicate effectively, and reduce conflict. Practice mindful listening to improve communication and relationships within the office.



MINDFULNESS FOR IMPROVING SLEEP

Sleep is critical to our health and wellbeing.

Learn the three main barriers to restful sleep, how mindfulness plays a role, and tools to improve the quality of your sleep.

Learn how to use mindfulness to help you fall asleep and stay asleep longer.



RESILIENCE TRAINING

Resilience allows us to overcome change and ambiguity with ease. This class will explore what resilience is and how to cultivate it at work and at home.

Learn the four pillars of resilience: Mental, Physical, Social, & Spiritual and how to build up each area for greater resilience overall.



THE SCIENCE OF GRATITUDE JOURNALING

Gratitude may be the most accessible, affordable tool we have to increase optimism, emotional resilience, and happiness.

You don't need a pricey moleskine notebook to practice gratitude journaling, any piece of paper will work just fine!

Mindfulness & Mindset Themes (30 Minutes)



MINDFULNESS FOR BOOSTING CREATIVITY

Mindfulness has been shown to increase divergent thinking, a critical element of creativity.

This upbeat class features two creativity-boosting challenges and is a great team-building activity!

Close with a guided meditation designed to kickstart your creative problem-solving.



MINDFULNESS FOR PEAK PERFORMANCE

Peak performance occurs at the intersection of self-awareness, focus, and engagement. Use the fundamentals of mindfulness to develop a better understanding of how you personally operate!

Learn a mindfulness tool for finding and optimizing "flow states" at work and at home.



MINDFULNESS FOR BOOSTING FOCUS

On average, employees who work on computers are distracted every 11 minutes and many workers have found increasing distractions when working from home.

Learn how to use mindfulness meditation, "deep work," and "batch work," to find focus and make the most of your workday.



CREATING PSYCHOLOGICAL SAFETY

This class explores the interesting connection between mindfulness and psychological safety.

Learn a simple mindfulness technique for increasing empathy and navigating difficult conversations in the workplace.

Three strategies for increasing psychological safety among teams.

Fitness Favorites (30 Minutes)



CHAIR YOGA

This introduction to yoga is specially designed to be done from the comfort of your chair!

It is perfect for beginners, even if the last time you touched your toes was a decade ago. These classes are **taught by a registered yoga teacher**.

No yoga or special equipment required. Just bring yourself and a chair!



MAT YOGA

Mat yoga is just what it sounds like! Yoga on a mat. Yoga is one of the best ways to wake up the mind and reduce stress within the body.

These classes are **taught by a registered yoga teacher** and feature modifications that are accessible to everyone.

A yoga mat or towel is recommended.



BREAK A SWEAT BOOTCAMP

Combine the muscle-sculpting benefits of pilates with the flexibility of yoga. This low-to-no-impact workout incorporates strength, flexibility, and moderate cardio. Set to the pace of upbeat and motivating songs. Suitable for all fitness levels.

A yoga mat or towel is recommended. Loose-fitting clothing is ideal.



DANCE YOUR STRESS AWAY

These simple choreography-based classes are sure to boost the mood of any team! Whether you have two left feet or are an aspiring backup dancer these classes are for you. This class will have you laughing, sweating, and moving to the beat! Suitable for all fitness levels.

Loose-fitting clothing is ideal.

Multi-Pack Recommendations (Feel Free To Mix & Match!)



4-SESSION INTRO PACK

1. Mindfulness 101
2. Chair Yoga
3. Meditation 101
4. Work-Life Balance



4-SESSION MANAGER'S PACK

1. Mindfulness 101
2. Peak Performance
3. Emotional Intelligence 101
4. Creating Psychological Safety



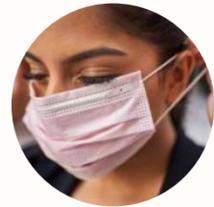
4-SESSION SCIENCE PACK

1. Mindfulness 101
2. Mindfulness & The Body
3. Meditation 101
4. The Science Of Gratitude Journaling



4-SESSION FITNESS PACK

1. Mat Yoga
2. Break A Sweat Bootcamp
3. Dance Your Stress Away
4. Chair Yoga



8-SESSION COVID-RESPONSE PACK

1. Mindfulness 101
2. Meditation 101
3. Chair Yoga
4. Mindfulness For Stress Reduction
5. Work-Life Balance
6. WFH Wellness
7. Mindfulness For Improving Sleep
8. Resilience Training



8-SESSION SAMPLER PACK

1. Mindfulness 101
2. Chair Yoga
3. Meditation 101
4. Resilience Training
5. Boosting Creativity
6. Mindfulness For Stress Reduction
7. Boosting Focus
8. Mindful Eating & Nutrition



8-SESSION MINDFUL LEADER PACK

1. Mindfulness 101
2. Peak Performance
3. Meditation 101
4. Creating Psychological Safety
5. Work-Life Balance
6. Resilience Training
7. Emotional Intelligence 101
8. Boosting Focus



8-SESSION WELLNESS PACK

1. Mindfulness 101
2. Chair Yoga
3. Meditation 101
4. Mat Yoga
5. Mindfulness For Improving Sleep
6. Chair Yoga
7. Mindful Eating & Nutrition
8. Mat Yoga

Multi-Pack Recommendations (Feel Free To Mix & Match!)

TRENDING



12-SESSION ALL-STARS PACK

1. Mindfulness 101
2. Chair Yoga
3. Meditation 101
4. Chair Yoga
5. Mindfulness For Stress Reduction
6. Chair Yoga
7. WFH Wellness
8. Chair Yoga
9. Resilience Training
10. Chair Yoga
11. Mindfulness For Improving Sleep
12. Chair Yoga



12-SESSION ADVANCED MINDFULNESS

1. Mindfulness 101
2. Meditation 101
3. Mindfulness & The Body
4. Breathwork Basics
5. Resilience Training
6. WFH Wellness
7. Mindfulness For Stress Reduction
8. Boosting Creativity
9. Peak Performance
10. Boosting Focus
11. Work-Life Balance
12. Mindfulness For Improving Sleep



12-SESSION WHOLE BODY WELLNESS

1. Mindfulness 101
2. Chair Yoga
3. Breathwork Basics
4. Mat Yoga
5. Meditation 101
6. Chair Yoga
7. Mindfulness & The Body
8. Mat Yoga
9. Mindful Eating & Nutrition
10. Chair Yoga
11. Mindfulness For Improving Sleep
12. Mat Yoga



12-SESSION LEADERSHIP PACK

1. Mindfulness 101
2. Meditation 101
3. Breathwork Basics
4. Work-Life Balance
5. WFH Wellness
6. Chair Yoga
7. Mindfulness For Stress Reduction
8. Creating Psychological Safety
9. Emotional Intelligence 101
10. Boosting Focus
11. Resilience Training
12. Chair Yoga

Notably, our sessions are specially designed for corporate clients. No crystals or candles here!

The content does not refer to, or reference any particular religion. Just actionable, upbeat, and informative content.

Testimonials



CHERI MUNGHAM JIWANI, GLOBAL HR

"Peak joined us virtually to present their Mindfulness 101 session. This was an informative, practical, and calming presentation that gave employees tools they can incorporate into their busy lives.

We received great feedback from attendees! We would love to have the team back to present on other wellness topics."



KATIE CARPENTER, ASSET MANAGER

"Peak Wellness lead my colleagues and I through a 12-week mindfulness and meditation series. I really appreciated Peak adjusting the material to be more appropriate and useful during these times of higher stress and uncertainty. Peak was very easy to work with, well prepared, responsive, and adaptable."



YOUNG PARK, PRODUCT MANAGER

"Peak Wellness helped organize an hour-long Mindfulness 101 session for my team. You can tell they put a lot of thought and effort into presenting to our specific company vs. something more formulaic which was highly appreciated

Lots of high praise from our team members after the session. Highly, highly recommend to others!"



STACY HURT, ATTENDEE

"This is professional and practical instruction, given concisely and compassionately by a skilled teacher. It's been an island of peace in my week during a time when it's much needed. I have and will continue to recommend to colleagues, friends, and family.

Thank you!"

MORE HAPPY CLIENTS INCLUDE



Virtual Class Pricing (Live Classes)

Most Popular!

30 Minutes	Number Of Classes	1-3	4-7	8+
	Price Per Class	\$490	\$440	\$390
60 Minutes	Number Of Classes	1-3	4-7	8+
	Price Per Class	\$690	\$590	\$490

ALL PACKAGES INCLUDE:

- A Zoom link for your class(es) for up to 100 attendees (we're also very techy can use your internal system of choice instead, just let us know what you prefer!)
- A marketing kit jam-packed with descriptions of your class(es) and the benefits of taking mindful breaks throughout the day
- The full recording of the session to distribute to your team afterward
- A free post-class survey if you would like to collect feedback from your team (\$400 value)

Virtual Class FAQs

- **When do you recommend live virtual classes over pre-recorded classes?** Live virtual classes are always the more engaging option! Attendees will have the opportunity to answer prompts in the chat, respond to polls, and ask their facilitator questions, all in real-time. Live is always preferred if it fits the budget.
- **How does pricing work? Is there a minimum or a maximum number of attendees?** There is no minimum and the pricing is a flat rate for up to 100 attendees, so there is no need to keep refreshing the RSVP list! Custom pricing over 100.
- **Is the class recorded?** Yes, the entire class is recorded and yours to keep and distribute however you would like. This is an awesome perk for distributed teams working across many time zones.
- **What is the content of the class?** All of our classes have been specifically designed with a corporate audience in mind, no crystals or candles here! The content is secular and does not reference any specific religion or spirituality. We also have samples and the learning objectives of each class, just ask!
- **What system do you use?** We're flexible and techy! We can support up to 500 attendees via Zoom Webinars or utilize your system of choice.
- **What else do you provide?** Let us take some work off your plate, just let us know when you would like your sessions and we will send over class descriptions for internal marketing!
- **How much notice is required?** We are very lucky to have over 10 mindfulness coaches across 5 time zones. Since we have so many talented teachers we can almost always find someone available with one week's notice (or more, of course).
- **I have more questions, can I talk to a human?** Of course! Our direct number is +1 646-859-8485 or [click here to schedule a call with one of our wellness specialists.](#)

Pre-Recorded Class Pricing & FAQs

30 Minutes	Number Of Classes	1
	Price Per Class	\$290

- **When do you recommend pre-recorded classes over live classes?** Pre-recorded classes make great additions to any virtual event and can also cater to a tighter budget!
- **How is the pre-recorded session distributed?** Pre-recorded sessions are provided as video files and are great for virtual conferences, meeting openers, or team-building events.
- **How long does it take to get a pre-recorded class?** Pre-recorded classes are available for instant download upon payment.
- **Which classes are available pre-recorded?** We currently have two pre-recorded options available:
 - 30 Minute: Intro To Meditation
 - 30 Minute: Intro To Chair Yoga
- **Can we customize a pre-recorded class?** Yes! We can add your company logo or watermark to the video for \$50.
- **I have more questions, can I talk to a human?** Of course! Our direct number is +1 646-859-8485 or [click here to schedule a call with one of our wellness specialists.](#)



Ready to launch a multi-pack program? Follow these four simple steps:

1

Choose the themes most relevant to your unique team.

Not sure where to start? No problem! Choose from one of our pre-set multi-packs or just ask us. We are happy to provide recommendations or even choose the classes on your behalf!

2

Choose your number of classes and class frequency.

We recommend weekly, monthly, or biweekly—in that order. These frequencies have the highest number of attendees. That being said, custom frequencies are available, just let us know.

3

Let us know which system you would like to use.

We can support up to 500 attendees via Zoom Webinars or utilize your internal system of choice!

4

Send out the invites, sit back, and relax!

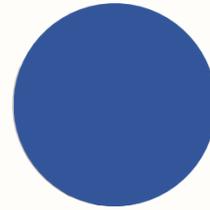
Once you have designed your program we will provide internal marketing messaging that you can share with your team. Get ready to relax, reduce stress, and recharge with us. **You deserve it.**

Virtual Class Lengths, 3 Options



30-MINUTE CLASSES

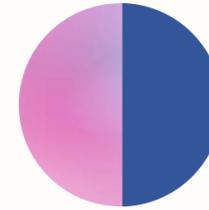
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2. Work-Life Balance
3. Work-From-Home Wellness
4. Meditation 101
5. Mindfulness For Stress Reduction
6. Mindfulness & The Body
7. Mindful Eating & Nutrition
8. Breathwork Basics
9. Emotional Intelligence 101
10. Mindfulness For Improving Sleep
11. Resilience Training
12. The Science Of Gratitude Journaling
13. Boosting Creativity
14. Peak Performance
15. Boosting Focus
16. Creating Psychological Safety
17. Chair Yoga
18. Mat Yoga
19. "Break A Sweat" Bootcamp
20. Dance Your Stress Away



60-MINUTE CLASSES

1. Mindfulness 101
2. Mindfulness For Work-Life Balance
3. Work-From-Home Wellness
4. Meditation 101

OR



60-MINUTE **COMBO** CLASSES

Can't decide between two topics?

Combine **any** two 30-minute classes together to create a 60-minute class.

Popular Examples:

- Mindfulness 101 & Mindfulness For Work-Life Balance
- Mindfulness 101 & Meditation 101
- Mindfulness For Stress Reduction & Chair Yoga
- Mindfulness For Improving Sleep & Chair Yoga

Have questions?

We have answers!

**Give us a call at 646-859-8485
or [click here](#) to schedule a call
with one of our wellness
specialists today.**

**Prefer email? Ask away at
hello@peakwellnessco.com**

