

MOVEMENT

- Yoga
- Pilates
- Fitness/Mobility
- Animal Movement
- Qigong
- Desk Stretches

BREATHING/CALMING

- Pranayama
- Somatic Breathwork
- Learn to Breathe Course
- Life Force
- Self Massage 4 Screen Fatigue
- Mandala Doodling for Focus

NUTRITION

- Healthy Cooking Classes
- Food & Mood
- Food for Longevity & Aging
- Food for Stress & Anxiety
- Food for a Healthy Heart
- Mindful Eating

WORDS & THOUGHTS

- Navigating Negative Self Talk
- Forgiveness Practice (Therapy)
- Effective Communication
- Design Signature/Handwriting
- Negotiating Job & Life
- Confidence Booster Self Talk

AWARENESS

- Self Care
- Mindfulness 101/102
- Meditation
- Understanding Stress
- Slowdown Superstar
- Vibrant Aging

HABITS & CHANGE

- 7 Steps to Navigate Change
- 7 Tools to Manage Stress
- Daily Routine to Reduce Stress
- Emotional Intelligent Leadership
- Times of Change: Resilience
- Behavioral Health

EMOTIONS

- Understanding Emotions
- Emotional Resilience
- Intuitive Intelligence
- Self-Care Emotional Tools
- High Energy People
- Sound Healing

RELATIONSHIPS

- Race & Racism
- BIPOC Wellness
- Conflict Resolution
- Boundaries & Empowerment
- How We Lead
- Virtual Relationships

LIFESTYLE

- Climate Change
- Corporate Culture
- Managing Energy (Body/Mind)
- Feng Shui Your Work Space
- Conscious Choice
- Sustainability

LIFE PURPOSE

- Values Driven Achievement
- Gratitude as a Pathway to Joy
- Creating Your Mindful Vision
- Chakra Integration 4 Everyday
- Intention Setting Art Zone
- Spiritually Fly: Step into Purpose

Fun & Educational
Well-Being
Experiences