

WELLOGA Wellbeing Experiences (Sept 2026)

Curated workshops, talks, classes and experiences for companies, associations, hotels, event planners and conference centres.
WELLOGA helps you choose and coordinate relevant wellness experiences for your audience, whether you are planning a team session, conference, event, hotel offering or curated series.

Choose from virtual and in-person experiences across six areas of health:

Physical | Mental | Emotional | Social | Environmental | Spiritual

Our catalogue includes movement, meditation, breathwork, nutrition, stress management, communication, leadership, creativity, connection and more.
WELLOGA works with a curated network of professional speakers, teachers and facilitators. We manage the speaker curation, scheduling, communications and coordination, so you do not have to organize everything yourself.

Experiences can be booked as:

- A single workshop, talk or class
 - A curated series
 - A conference or event experience
 - A hotel wellness offering
 - Part of a Workplace Wellbeing Program
- Formats and delivery times vary by experience:
- Movement classes: generally 30 to 60 minutes
 - Talks: generally 45 to 60 minutes
 - Workshops: generally 60 to 120 minutes

Leadership-focused experiences are marked with an asterisk. While some sessions are designed specifically for leaders, many can be adapted for employees and mixed-level groups.

Looking for the right experience for your audience?

Send us your goals, audience, format and location. WELLOGA will help you identify relevant options and coordinate the details from there.

Jennifer Doheney, Founder of WELLOGA

jennifer@welloga.space

www.welloga.space



WELLOGA.

MOVEMENT

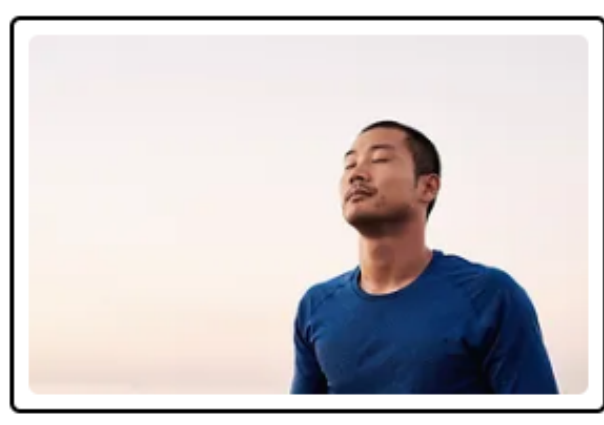
Physical Health



- 1a.** Yoga – Beginner
- 1b.** Yoga Flow – Level 1/2/3
- 1c.** Yoga – Restorative
- 1d.** Yoga – Meditation in Motion
- 1e.** Pilates
- 1f.** Fitness
- 1g.** Qigong
- 1h.** Desk Stretches & Mobility
- 1i.** Animal Flow

BREATHE/CALM

Physical Health



- 2a.** Pranayama Life Force
- 2b.** You Are How You Breathe
- 2c.** Self-Massage & Screen Fatigue
- 2d.** Mandala Doodling for Focus
- 2e.** Earthing, Grounding, & EMFs
- 2f.** Joy: Science 4 Savouring Life
- 2g.** Somatic Breathwork
- 2h.** Sound Bowl Session

NUTRITION

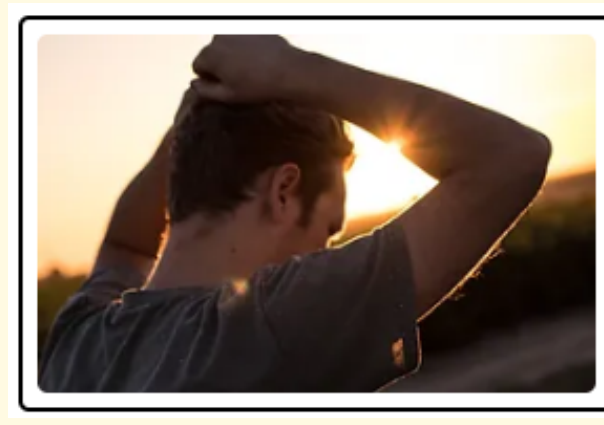
Physical Health



- 3a.** Online Cooking Classes
- 3b.** Food and Mood
- 3c.** Eating for Longevity
- 3d.** Intuitive Eating
- 3e.** High Protein Diets
- 3f.** Meal Planning and Prepping
- 3g.** Mocktail Mixology
- 3h.** Navigating Popular Diets
- 3i.** Living Longer: the Blue Zones
- 3j.** Your Relationship with Food

AWARENESS

Mental Health



- 4a.** GUIDED MEDITATION
- 4b.** The Importance of Meditation
- 4c.** Magic "Get Mentally Unstuck"
- 4d.** Mindfulness 101
- 4e.** Self-Care 101
- 4f.** Slowdown Superstar
- 4g.** 6 Types of Burnout
- 4h.** Course Thoughtful Slowdown
- 4i.** Psychology of Influence *
- 4j.** Creativity Is a Skill

WORD/THOUGHT

Mental Health



- 5a.** High Energy Positive People
- 5b.** Navigating Negative Self-Talk
- 5c.** The Practice of Forgiveness
- 5d.** The Vibration of Gratitude
- 5e.** Psychological Safety @Work*
- 5f.** Mind Hacks for Life & Health
- 5g.** Storytelling*
- 5h.** Rewire: Resilience From Turmoil*

IN-PERSON ART

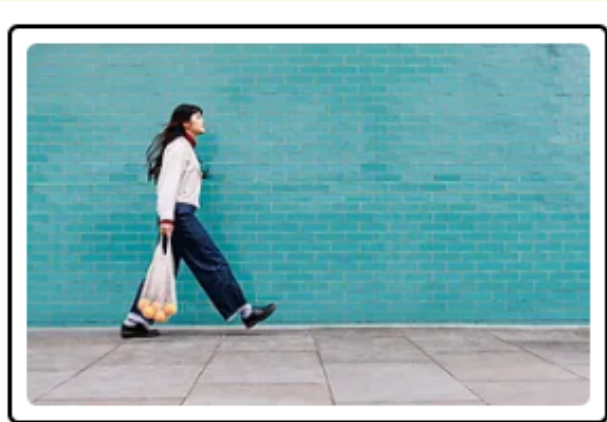
- 11a.** Bath Tea Bag Making
- 11b.** Terrarium Wellness Workshop
- 11c.** Wrist Mala Making
- 11d.** Make An Essential Oil Blend
- 11e.** Essential Oil Bath Scrub
- 11f.** Essential Oil Body Cream



WELLOGA.

HABIT/CHANGE

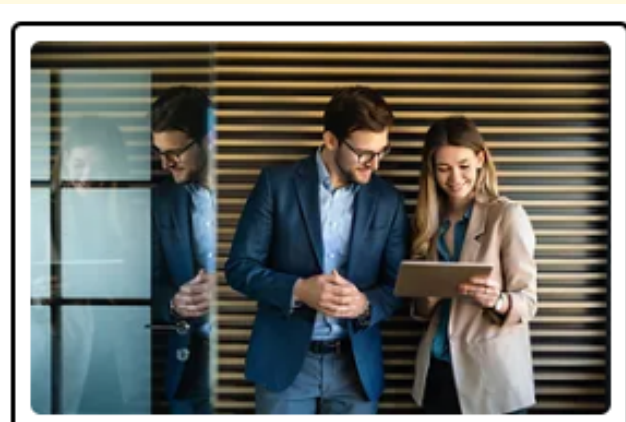
Mental Health



- 6a.** Delegating Like a Leader *
- 6b.** Living Leadership Values *
- 6c.** Leadership in a Time of AI *
- 6d.** 7 Steps to Navigate Change
- 6e.** The Habit Loop
- 6f.** Real-Time Adaptability
- 6g.** Tough Conversations: Science Behind the Psyche *
- 6h.** Choosing Resilience
- 6i.** The Tired To-Do List Junkie
- 6j.** From Overwhelm to Clarity

EMOTIONS

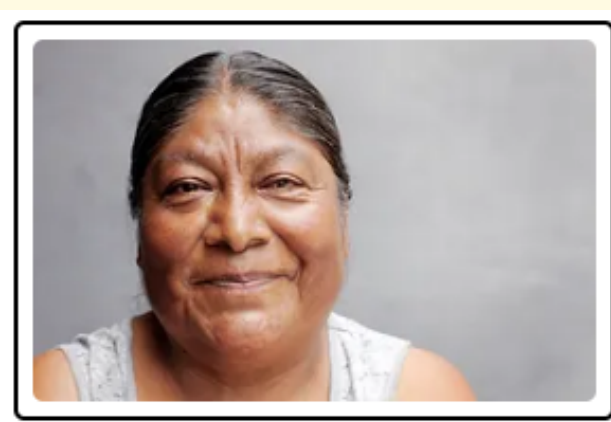
Emotional Health



- 7a.** Navigating Unconscious Bias *
- 7b.** Emotional & Intuitive Intelligence
- 7c.** Emotional Intelligence Leadership*
- 7d.** Healthy Boundaries & Support
- 7e.** Feeling Good About Menopause
- 7f.** Stress Relief Toolbox
- 7g.** The Creative Page: Art Journaling
- 7h.** Peak Performance*

RELATIONSHIPS

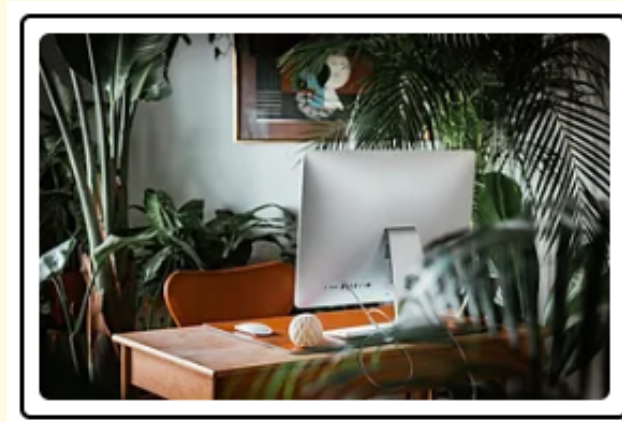
Social Health



- 8a.** Reframing Conversations on Race
- 8b.** BIPOC Wellness and Cultural *
- 8c.** Cost of Unresolved Conflict *
- 8d.**Trusting Relationships at Work *
- 8e.** Negotiation for Building Team Trust*
- 8f.** Active Listening &Communication*
- 8g.** Heart-Centered Leadership: Science & Neuropsychology *
- 8h.** Communication Across Generations

LIFESTYLE

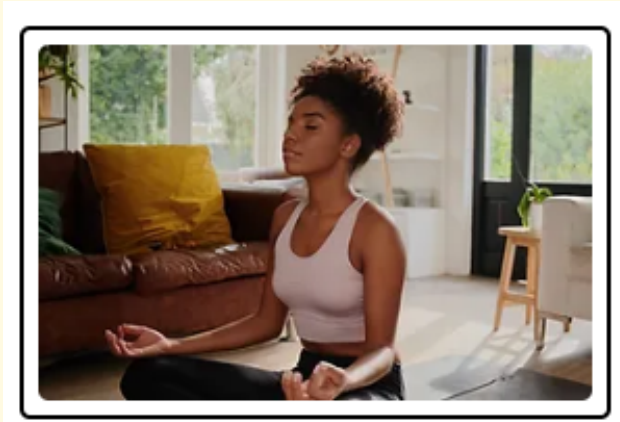
Environmental Health



- 9a.** Mastering Your Sleep
- 9b.** Declutter: Mind & Computer!
- 9c.** Sound Healing Virtual Stereo
- 9d.** AI for Wellness: Stress & Focus
- 9e.** Leading Remote Teams *
- 9f.** Aging Parents Caregiver

LIFE PURPOSE

Spiritual Health



- 10a.** Heart Math Teams *
- 10b.** Do You Believe You Matter?
- 10c.**The Power of Your Story
- 10d.** Art: Intention Setting Zone
- 10e.** Vision Board
- 10f.** Do You Believe You Matter?
- 10g.** The Power of Authenticity
- 10h.** Business Gratitude Culture*
- 10i.** Find Your Purpose



WELLOGA.