

Unity Mind-Body Wellness Programs At-A-Glance

Stress Reduction Programs

Reduce stress! Transform and enhance physical, mental and emotional health while bringing mind, body and spirit back into balance.

Programs include:

- ☯ Stress Less Health Events
- ☯ Stress Less Seminar or Learning Lunch
- ☯ Stress Less with Yoga Seminar
- ☯ Weekly Yoga Classes
- ☯ Stress Less with Meditation Seminar
- ☯ Weekly Meditation Classes
- ☯ Desktop Yoga Seminar
- ☯ Desktop Yoga Online Subscription
- ☯ Mindfulness-Based-Stress Reduction

Cognitive Enhancement And Thought Leadership Programs

Learn to be present! Live and work more skillfully while modifying reactionary behaviors. Learn practices that calm the mind and enhance creativity, mental clarity and leadership intuition. Programs include:

- ☯ Mindfulness for Leaders Seminar
- ☯ Mindful Meditation for Cognitive Enhancement, Productivity and Creativity Seminar

Pain And Health Management Programs

Help restore your body's natural healing power! Learn practices that increase energy and quality of sleep while reducing stress, illness and pain. Programs can be customized to address specific health challenges and include:

- ☯ Sleep Better. Work Better.
- ☯ Desktop Yoga for Back Pain
- ☯ Desktop Yoga for Shoulder and Neck Pain
- ☯ Yoga and Meditation for Chronic Pain
- ☯ Ergonomic Workstation Evaluation
- ☯ Repetitive Strain Injury Prevention For Desk Jockeys Seminar
- ☯ Mindful Nutrition



UNITY™

WELLNESS GROUP, LLC

*Wellness programs for
the enlightened business.*