



Lunch & Learn

Overcome that afternoon slump

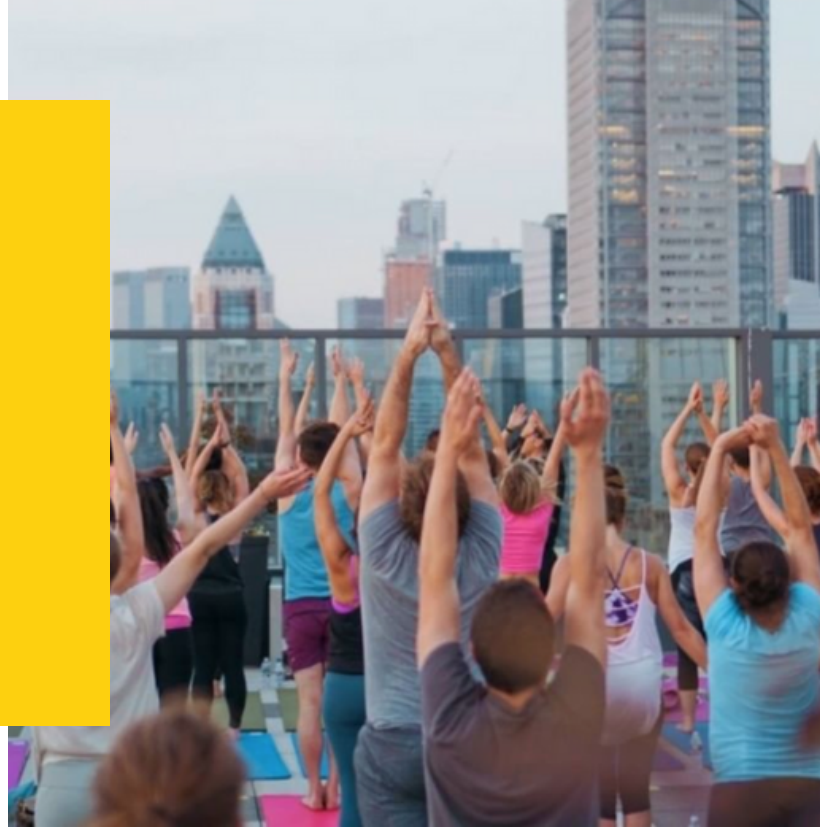
Feeling drowsy after lunch? We will guide you on the right foods, caffeine substitutes, easy exercises & more to stay focused throughout the day.

Workplace Stretches & Exercises

Be active while working. We will guide you with simple stretches & exercises you could do from the desk, no equipment required!

Mind Decluttering

Slow down and unpack your mind to increase work productivity with ease. This workshop will offer tips on how to gain clarity and focus to concentrate for longer periods of time.




Breathwork for Stress Relief

Using breathwork techniques has many benefits for the mind and body including stress relief, improved sleep, and overall well-being. Learn and implement deep-breathing to improve your energy levels.

Stress, Energy, and Food

Nourish your body and nourish your mind! Learn how stress, energy, and food are interconnected to improve your overall health and well-being.

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