

Weekly Ongoing Classes

Corporate Wellness
Events and Classes
Employees Are
Excited About



About Mindful Mob

- Las Vegas based corporate wellness company that offers fully customizable on-site and virtual wellness classes and events all over the US + world.
- We offer a roster of corporate programs offered as one off events as well as weekly or Bi-weekly ongoing classes.
- We love to hire the best people and match their unique expertise with our clients, whether you're a uniform manufacturer in California, dental insurance company in AZ, a Cyber Security Firm in Canada, or a global cosmetics corporation - We got you covered!



50+

wellness experts across the US and growing



20+

customizable wellness classes and events offered onsite, remotely or hybrid



700+

Classes offered at companies in 2024 - we have the experience you're looking for.

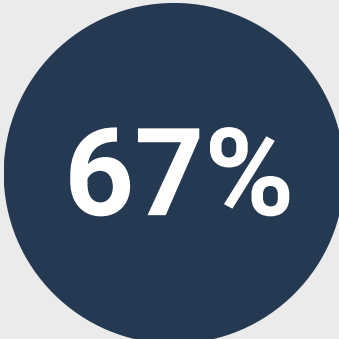


50,000+

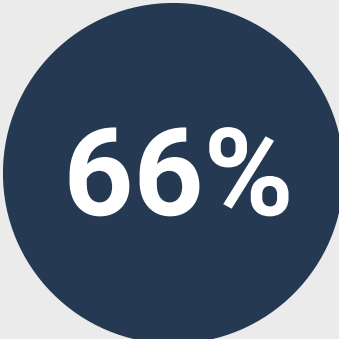
Employees have received wellness tools to combat stress, overwhelm, burnout & more in 5 years

International Foundation of Employee Benefit Plans - Case Study

According to IFEBP's study of Employers Offering Wellness Programs



Reported Increased Employee Satisfaction



Reported Increased Productivity



Reported Decreased Absenteeism

Why is Corporate Wellness Important?

3 hrs

On Average, US employees are productive less than 3 hours a day

61%

Of employees are burned out on the job

66%

Of US Employees are actively disengaged from their job

An actively disengaged employee costs an organization \$3,400 for every \$10,000 of salary, or 34%.

89% of employees at companies that support well-being are more likely to recommend their company as a good place to work

Of employees polled, 61% agreed they have made healthier lifestyle choices due to their company's wellness program



Source: <https://sandiegowellnesssource.com/why-choose-corporate-fitness>

Weekly Classes Packages

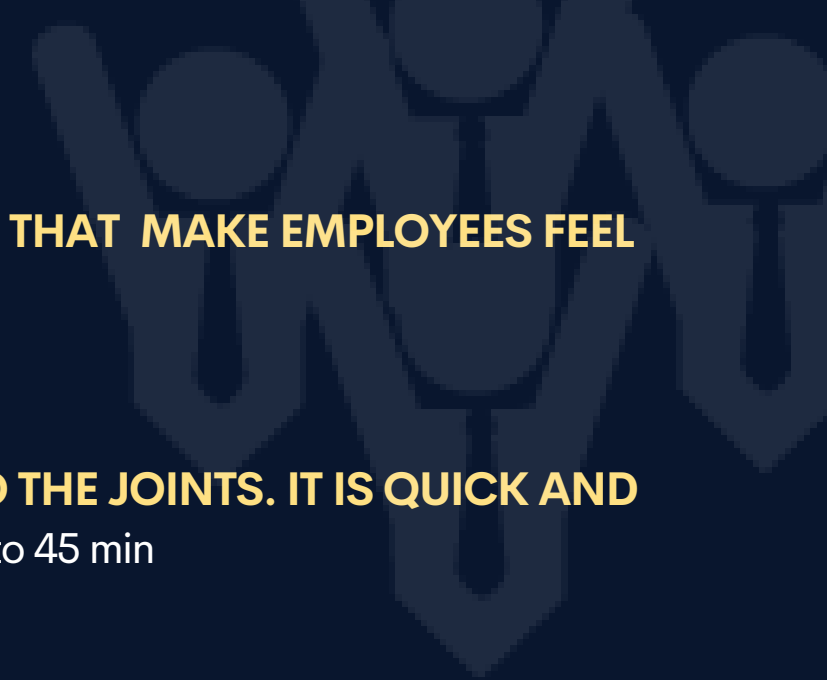
- Onsite or virtual package
- Private ongoing weekly, biweekly or monthly classes for your company





Tailor wellness sessions to fit your company's needs. Simply choose the day, time, duration, and type of session you'd like to offer, and we'll curate personalized weekly classes designed to support your employees' well-being.





YOGA

CUSTOMIZE YOUR OWN YOGA CLASS - CLASS STARTS WITH BREATHING AWARENESS, WE ADD MOVEMENTS THAT MAKE EMPLOYEES FEEL AWAKE, SERENE, AND OPEN. SIMPLY BREATHE AND RECONNECT WITH YOUR BODY AND MIND. 30 to 45 min

BOOTCAMP

THIS MOVEMENT CLASS IS DESIGNED TO GIVE MAXIMUM CARDIOVASCULAR BENEFITS WITH LITTLE STRESS TO THE JOINTS. IT IS QUICK AND PROMISES TO WAKE YOU UP WHENEVER YOU NEED A JOLT OF ENERGY. LOOSE CLOTHES RECOMMENDED. 30 to 45 min

SOUND BATH + MEDITATION

EMBRACE THE ZEN ATTITUDE! A DEEPLY IMMERSIVE CLASS WHERE PARTICIPANTS EXPERIENCE SOOTHING SOUNDS AND GUIDED MEDITATION TO RELEASE STRESS, BALANCE ENERGY, AND PROMOTE INNER PEACE. 20 to 30 min

LET'S STRETCH

LEARN TO TAKE SMALL PHYSICAL BREAKS THROUGH GENTLE MOVEMENTS, AND STRETCHES RIGHT FROM YOUR DESK. NO NEED TO CHANGE CLOTHES. THIS CLASS WILL BOOST YOUR ENERGY, CREATES SPACE IN THE BODY, AND REDUCES TENSION. 25 min

MINDFULNESS

MINDFULNESS CLASSES BRING PEACE TO THE MIND AND HARMONY TO THE BODY, LEADING TO SUPERIOR PERFORMANCE, CREATIVITY, IMPROVED COMPOSURE AND ENGAGEMENT. CLASS INCLUDES BREATHING, STRETCHING, AND MEDITATION. 25 min

CHAIR MASSAGE

OUR CHAIR MASSAGE SPECIALIST BRINGS RELAXATION DIRECTLY TO YOUR OFFICE! EMPLOYEES CAN SIGN UP ON A 15 MIN ROTATION, TRANSFORMING THEIR WORKDAY INTO THE HIGHLIGHT OF THE WEEK, MAKING IT THE MOST ANTICIPATED DAY TO COME INTO THE OFFICE. 2 hours min

PRICING

Pricing sold in packs of 15 or more classes

Price per class: Virtual: \$250 | In-person: \$350

WE LOOK FORWARD TO EMPOWERING YOUR TEAM TO LIVE LIFE WELL!

THANK YOU!



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