

All Offerings Brochure

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.

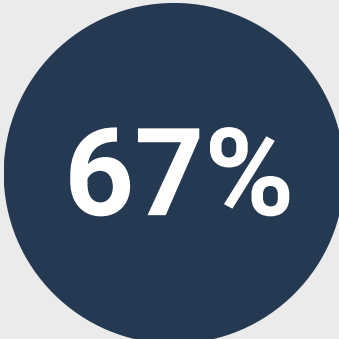


50,000+

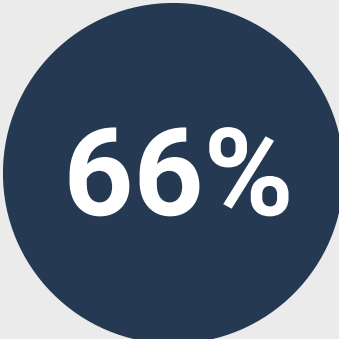
Employees have received wellness tools to combat stress, overwhelm, burnout & more in 5 years

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>



The Membership

Weekly live virtual classes providing employers with a flexible and budget-friendly way to offer an employee wellness program, promoting well-being for teams of all sizes.






Employee Wellness Membership

NEW OFFER

Give your employees a chance to get healthy & have fun, while reducing stress with our experienced coaches.

3 live 15-25 minute virtual weekly sessions

 Monday = Body Weight Bootcamp (25min)  Wednesday = Yoga + Stretch (25min)  Friday = Guided Meditation (15min)

Employee wellness that's affordable, accessible and impactful!

 Just \$500/month, all your employees (for companies with under 200 employees*) can enjoy these 3x classes per week, a saving of \$3,000 per month.

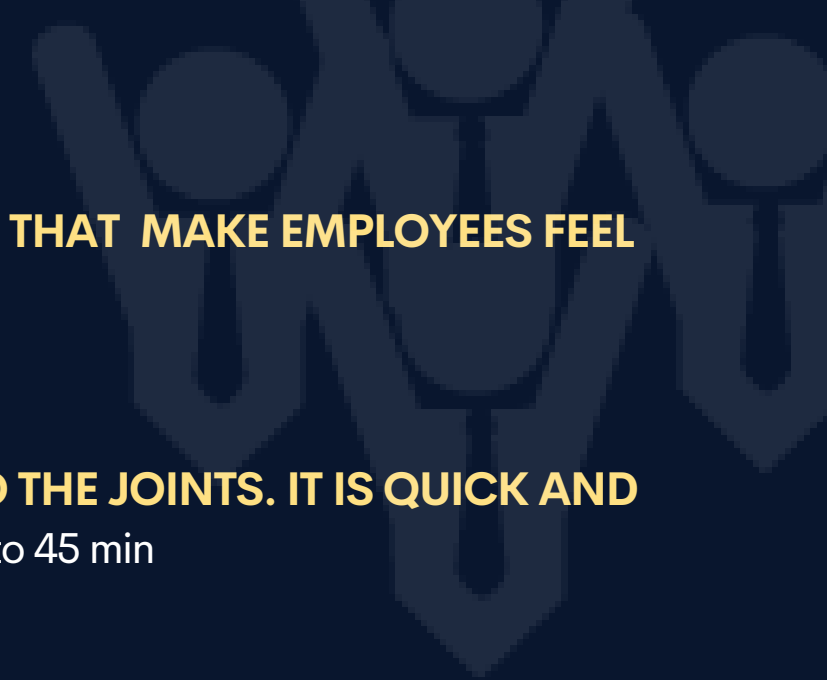
 Classes are held live each week via Zoom, allowing employees from any company to join alongside other members of the Mindful Mob Membership program.

*For companies with more than 200 employees, please inquire about pricing.

Ongoing Classes Packages

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





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

Curated Employee Wellness Events from our Expert Speakers

- Description of wellness events provided upon request.
- Classes can be offered as a Monthly Calendar or bought one-off or ala-carte.



JANUARY	GRATITUDE, GOALS, AND VISION BOARDING New Year 45-55 min
FEBRUARY	HAND PAN WITH POEM FOR RELAXATION Valentine's Day 30-45 min
MARCH	WELL AT WORK: TIPS FOR REST & RESET Employee Appreciation Day 45-55 min
APRIL	EARTH APPRECIATION + SOUNDBATH Earth Day 30-55 min
MAY	HOW YOUR MIND WORKS ON MEDITATION Mental Health Month 45-55 min
JUNE	CREATING AN INCLUSIVE WORK ENVIRONMENT + JUNETEENTH CONVERSATION Juneteenth 55 min

JULY	RADICAL SELF-CARE Self-Care Month 45-55 min
AUGUST	INTUITIVE EATING FOR HIGH ACHIEVERS Summer Reset Month 45-55 min
SEPTEMBER	LEADERSHIP PHILOSOPHY & CORE VALUES Leadership and Teams Month 55 min
OCTOBER	POWER OF WORDS TO TRANSFORM YOUR MINDSET Cancer + Health Awareness Month 45-55 min
NOVEMBER	SET YOUR LIFE FOR SUCCESS Thanksgiving 45-55 min
DECEMBER	SAY NO TO STRESS + SOUND BATH Holiday Season 30-55 min

PRICING

Virtual: \$600

In-person one-off events: inquire for quote

ADDITIONAL CLASS OPTIONS

Myofascial Release - Face Yoga (55-min)

Time Management and Mindset (55-min)

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

THANK YOU!



✉ melody@mindfulmob.com

🌐 www.mindfulmob.com

☎ 619.955.9272

📷 [@mindful.mob](https://www.instagram.com/mindful.mob)