



July is Social Wellness Month

Live + On-Demand Breaks

Move

QUICK CORE FOR BETTER POSTURE

7 minutes to build muscle that supports your core.

CARDIO BLAST

Short low-impact cardio breaks, 5 and 7 minutes.

MINDFUL NECK RELEASE

7 minutes of gentle neck movements and breath-work.

AUDIO ONLY SESSIONS

Take screen breaks with meditation, visualization and breath-work sessions.

Breathe

Stretch

5-MINUTE HEALTHY SPINE RESET

5 Minutes your spine will thank you for.

CHAIR YOGA

7 minutes of poses while seated.

ENJOY SUMMER WHILE WORKING

A 15-minute session sharing tips on how to take a balanced approach to making the most of the season.
Tue July 14 @ 12:05pm PT / 3:05pm ET.

STRENGTHENING SELF-TRUST

This 15-minute talk covers what self-trust is and how it impacts your decisions in life,
Mon July 20 @ 12:05pm PT / 3:05pm ET

Learn

Eat Well

10-MINUTE MEALS TO IMPRESS

Make meals that will win over guests without the stress.
15 minutes, Thu July 16 @ 12:05am PT / 3:05pm ET

MEAL PREP IF YOU HATE MEAL PREP

Learn tips to make meal prep easier.
15 minutes, Thu July 30 @ 12:05pm PT / 3:05pm ET

MEANINGFUL CONNECTION

Learn how to make communication more impactful, even in a world of quick replies.
7 minutes, watch anytime.

TIPS FOR HEALTHIER RELATIONSHIPS

Learn what makes relationships healthy and how to sustain them.
15 minutes, watch anytime,

On-Demand

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