



September is Self-Care Awareness Month

New live breaks to explore!

Move

Everyday Strength: Everyday Care

Functional moves that support daily life with ease.

Strength & Stretch

10 minutes, build strength, then melt into satisfying stretches.

Gratitude Glow

Reflect inward & celebrate your strengths with gratitude.

Daily Dose

A fresh mini reset: breathe, reflect, recharge anytime.

Breathe

Stretch

Self-Love Stretch

Gentle movements to release tension & simply feel good.

Daily Start Stretch

Energize your morning with posture-resetting stretches..

Reframing Selfishness

Learn how “healthy selfishness” fuels your energy and impact.

Minimalist Living: Maximum Wellness

Find clarity and calm by simplifying the everyday.

Learn

Eat Well

Eating Well on a Tight Schedule

Quick tips to fuel your body even on busy days.

Food for Healthy Skin

Discover foods that keep your skin glowing & strong.

Find Your Next Favorite

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Explore More

There's [250 live short breaks](#) every week plus over [1,000 on-demand videos](#) to support you in your well-being.

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