

**2024**

# **Wellness Calendar**

**Celebrate the holidays that matter.**



# January

Set Your Intention

Jan 3- Mind Body Wellness Day

Jan 8- Clean Off Your Desk Day

Jan 15- MLK Holiday



**New Years Meditation**



**Desk Yoga Starter Series**



**Sleep Habits 101 Workshop**



**“I Have a Dream”  
Vision Board Workshop**

# February

Black History Month

Feb 1- National Freedom Day

Feb 19- Presidents Day

Feb 17- Random Act of Kindness Day



**Loving Kindness  
Meditation**



**DEI Workshop**



**Heart Opening Workshop**



**Lead with Compassion  
Workshop**

# March

Women’s History Month

March 1- Employee Appreciation Day

March 8- International Women’s Day

March 20- Spring Equinox



**Heart-Mind Meditation**



**Low Back Lovin’  
Yoga for Back Relief**



**Ayurveda Workshop**



**“Vino & Vinyasa”  
Ladies Night**

Start 2024 strong with Office Yoga  
and Meditation with ZaaS!  
Join before Dec 31st, get 10% off.

Support Black Owned Businesses or  
organize a DEI event for your company  
in celebration of Black History Month.

Think ahead to Stress Awareness  
Month in April and book a workshop  
before March 15th.

# April

Stress Awareness Month

April 16- Nat'l Stress Awareness Day

April 18- Admin Professionals Day

April 22- Earth Day



**Urban Hike Challenge**



**Stand on Solid Ground:  
Yoga for Lower Body**



**Financial Fitness**



**Stress Awareness 101  
Workshop**

# May

Mental Health Awareness Month

May 4- National Fitness Day

May 5- World Laughter Day

May 20- International HR Day



**Meditation for Stress Relief**



**Well-Being 101 Workshop**



**Yin Yoga Restorative Class**



**Corporate Comedy Show**

# June

Pride Month

June 19- Juneteenth

June 21- International Yoga Day

June 23- National Hydration Day



**Expansive Awareness  
Meditation**



**Practice with Pride** 🏳️‍🌈



**Yoga for Kids**



**Mindful Hydration  
Workshop**

Next month is Mental Health Awareness. Get a Well-Being session on the calendar before April 30th.

Summer is right around the corner! Here are [10 Mental Health Benefits of Taking a Vacation](#).

Summer is here! [Combat stress with hydration](#) and book a “Mindful Hydration” Workshop.

# July

Social Wellness Month

July 4- Independence Day  
July 24- International Self-Care Day  
July 28- Parents' Day  
July 30- Friendship Day



**Meditation for Focus  
& Energy Boost**



**Yoga for Shoulders &  
Neck Flow Practice**



**Desk Yoga for  
Posture & Spine**



**Office Ergonomics  
Workshop**

# August

Light After Loss

August 9- National Book Lovers Day  
August 22- Be An Angel Day  
August 30- Grief Awareness Day



**Grief Relief Workshop**



**Book Club:  
The Next Chapter**



**Desk Yoga for  
Shoulders & Neck**



**Repetitive Stress  
Injury Management**

# September

Physical Movement Season

Sept 2- Labor Day  
Sept 6- National 401(k) Day  
Sept 16- National Cleanup Day  
Sept 26- HR Professional Day



**Exercise 101 Workshop**



**Yoga for Posture & Spine**



**Fitness Challenge**



**Beach Clean Up!**

Give yourself a break and don't worry about planning ahead for now. Kick back and enjoy the summer!

Get ready for Back to School with Yoga for Kids class. While they practice, book your own Exercise 101 Workshop.

Book a [Sleep Habits](#) or Stress Awareness workshop by Sept 15 for Emotional Wellness Month.

# October

Emotional Wellness Month

Oct 2- National Day of Non-Violence

Oct 10- World Mental Health Day

Oct 31- Halloween



**Mindfulness Meditation**



**Sleep Habits 102 Workshop**



**Office Ergonomics  
Workshop**



**Financial Fitness**



**Gratitude Meditation**



**Yoga & Pilates Core Class**



**Desk Yoga for  
Shoulders & Neck**



**Stress Awareness 102  
Workshop**

# December

Give Back this Season: B Corp

Dec 3- Giving Tuesday

Dec 5- International Volunteer Day

Dec 21- Winter Solstice

Dec 25- Christmas Day

Dec 31- New Year's Eve



**End of Year Meditation**



**Gratitude Workshop**



**Ugly Sweater Yoga Class**



**Give Love this Season:  
B Corp Holiday Fair**

Prepare for the Holidays with a Gratitude Workshop! Book before Oct 15 to secure a spot.

Plan your 2025 wellness activities before November 15th and lock in 2024 rates.

You've done enough! Let us secure your 2025 wellness plans and kick back for the holidays!