

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

November

Attitude of Gratitude

Nov 11- Veterans Day

Nov 13- World Kindness Day

Nov 28- Thanksgiving Holiday



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!