

2025

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

**Kickboxing Class:
Kick Bad Habits to
the Curb!**



**Desk Yoga
Starter Series**



**“Goal Digger” Goal
Setting Workshop**



**“I Have a Dream”
Vision Boarding**



Start 2025 strong with Office Yoga
and Meditation with ZaaS!
Join before Dec 31st, get 10% off.

February

Black History Month

Feb 1 - National Freedom Day
Feb 14- Valentine’s Day
Feb 17 - Presidents Day
Feb 17- Random Act of Kindness Day

**Loving Kindness
(Metta) Meditation**



DEI Workshop



**Heart Health
Workshop**



**Build Your Own
Boquet**



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

March

Women’s History Month

March 7 - Employee Appreciation Day
March 8- International Women’s Day
March 13 - National Good Samaritan Day

**Heart-Mind
Meditation**



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



**Ayurveda: Create An
Ideal Workspace**



**“Vino & Vinyasa”
Ladies Night**



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

April

Stress Awareness Month

April 2 - National Walking Day

April 15 - National Relaxation Day

April 22- Earth Day

Urban Hike Challenge



Stand on Solid Ground: Yoga for Lower Body



Virtual Escape Rooms



Stress Awareness 101 Workshop



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

May

Mental Health Awareness Month

May 3 - National Fitness Day

May 4 - World Laughter Day

May 15 - International Day of Families

Meditation for Stress Relief



Mental Health Talk



Yin Yoga Restorative Class



Comedy Show/ Laughter Yoga



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

June

Pride Month

June 19 - Juneteenth

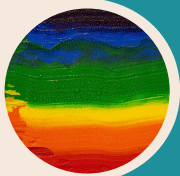
June 21 - International Yoga Day

June 23 - National Hydration Day

Expansive Awareness Meditation



Practice with Pride 🏳️‍🌈



Yoga for Kids



Mindful Hydration Workshop



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 27- Parents' Day

**Well-Being Walk
Team Builder**



**Cooking Demo:
Easy Meal Prep**



**Desk Yoga for
Posture & Spine**



**Office Ergonomics
Workshop**



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

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**



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

September

Physical Movement Season

Sept 2- Labor Day

Sept 6- National 401(k) Day

Sept 20 - National Cleanup Day

Sept 26- HR Professional Day

**Exercise 101
Workshop**



**Yoga for
Posture & Spine**



Financial Fitness



Beach Clean Up!



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

Sound Bath



**Sleep Habits
Workshop**



**Office Ergonomics
Workshop**



ZENtle Fitness



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

November

Attitude of Gratitude

Nov 11 - Veterans Day
Nov 13 - World Kindness Day
Nov 27 - Thanksgiving Holiday

Health Fair



**Gratitude Journal
Workshop**



**Holiday Cooking
Demo**



**Gratitude Garden
(w/ Kit)**



Plan your 2026 wellness activities before November 15th and lock in 2025 rates.

December

Give Back this Season: B Corp

Dec 2 - Giving Tuesday
Dec 5- International Volunteer Day
Dec 21- Winter Solstice
Dec 25- Christmas Day
Dec 31- New Year's Eve

**Deck the Desks:
Succulent Planting**



**Jingle & Mingle
Mixology Class**



**Paint Your Way
to Holiday Zen**



**Zero Waste
Cooking Class**



You've done enough! Let us secure your 2026 wellness plans and kick back for the holidays!