

# 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

**Laughter Yoga**



**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

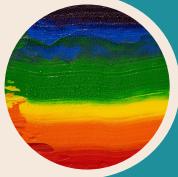
June 21 - International Yoga Day

June 23 - National Hydration Day

**Expansive Awareness Meditation**



**Practice with Pride** 🏳️‍🌈



**Pride Bagel Cooking Demo**



**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**



**Trigger Point  
Massage**



**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 1 - International Coffee Day

Oct 2 - National Day of Non-Violence

Oct 10 - World Mental Health Day

Oct 31 - Halloween

**Sound Bath**



**Sleep Habits Workshop**



**Caffeine & Kilos**



**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!