



A LIVE WELLBEING BREAK, ON US

# Take 30. *Just breathe.*

A free, guided reset, led live, right in the middle of the workday. Bring yourself, that is all.

- ✓ A real pause in a wall-to-wall day
- ✓ Breathe, stretch, and reset with the team
- ✓ Come back calmer, clearer, more focused
- ✓ Led live by a real facilitator, online or right here

*No experience needed.* Come as you are.

WHEN

[date]

TIME

[time]

WHERE

[location or join link]

[ QR code  
to sign up ]

Scan to save your spot

*Press pause. We will guide the rest.*

*Chakra Hours · Educational wellbeing programming, not medical care.*