

# Ultra Trendy Wellbeing Experiences

## Nutrition | Workshops :

Mixology: 5 recipes of Detox Juices to boost energy | 60min

Practice Mindful Eating with your Family | 30 min

7 Immunity Boosting Smoothie Recipes | 60 min

Plan Your Weekly Meals | Efficient and beyond healthy meal preparations for a healthy gut | 60min

Workshop Cooking Class | Greek Tzatziki | 60min

One Healthy Eating Habit At A Time | 60 min

Mindful Supper Club with Urban Yoga Lab's Nutritionist | 60 min

A Better Relationship with Food | 30 min

## Ultra-Trendy Wellbeing Experiences :

Aromatherapy: 6 Essential Oils for Stress Relief | 30 min

Self-massage Practices to Release Stress | 60 min

Sound Bath to De-stress | 60 min

## Self-development :

Declutter your Mind, De-clutter your Life and Find your 'Me Time | 60 min

First Steps for Giving up Smoking through Mindfulness | 60 min

Mindfulness for Improved Sleep | 60 min

Create a Perfect Morning Routine: 5 Ways to Start An Amazing Day | 30 min

Morning Routine to Unleash your Energy, Inspiration & Creativity | 30 min

Mindful Productivity: Sustainable Hacks to Work & Think | 60 min

Love, Connection + Vulnerability | 60 min

6 Journaling Prompts for Gratitude and Growth | 60 min

Families and Wellbeing Webinar Series | 60 min

Growth Mindset | 60 min

Mindfulness for Boosting Creativity | 60 min

7 Natural Ways to Gain Calm & Balance, Whether At Work or Home | 60 min

Boosting Self-Confidence | 60 min

Sleep well, Live Better | 60 min

### Happy Hours

Happy Hour Nairobi: Something in Common | 45 min

Happy Hour New York: One Thing you are Grateful for | 60 min

Happy Hour Christmas: Cocktail ideas for your Christmas Dinner | 60 min

Happy Hour Rome: Cook with your Team | 4 Easy and Delicious Recipes | 60 min

Happy Hour Chile: Mocktail class | 60 min

Happy Hour Thailand: Candle making | 60 min

Happy Hour Roma: Pasta cooking class | 60min

Happy Hour Mexico: Guacamole Cooking Class | 60 min

### Zen Warrior Series

Brainwaves, Visualisation & Journaling Techniques to Ignite your Creativity | 60min

Create a Perfect Morning Routine – 5 Ways to Boost your Energy | 60 min

Simple Mindfulness Exercises for Quick Stress Release for Busy Ones | 30 min

Mindful Eating & Drinking to Build a Healthy Relationship with Food | 45min