



Thursday, October 1st, 2020

10:00 AM	Home Office Yoga: Basic Alignment	You swapped the sofa for a more ergonomic home desk chair. Your desktop has been suitably Marie Kondo'd. After nearly six months of WFH, you've taken steps to make sure you can work in relative peace and comfort. Now, it's time to do the same for your body. In these sessions, you'll learn powerful poses to help your body feel healthier, stronger, and more comfortable, whether you're seated in Full Lotus or sitting through another Zoom call.
3:00 PM	Acupressure: Tension Headaches	It's hard to focus when you have tension. Acupressure is an empowering, simple technique to help relieve tension and alleviate pain when tension-related pain strikes. Drawing deeply from the well of Traditional Chinese Medicine and reflexology, these sessions teach you to treat common complaints like tension headaches, poor sleeping, and more by targeting different pressure points throughout your body. An easy and effective practice you can do at your desk!

Friday, October 2nd, 2020

10:00 AM	Living Room Fit	You've got the time. You've got the props. Repurposing simple everyday household props like pillows, blankets, and chairs, Living Room Fitness is an inventive small-space cardio workout designed to help you get moving while making the most out of what you've got, whether it's Sculpting with a can of beans or weightlifting with your cat.
2:00 PM	Salsa Fit Fridays	Step away from your inbox and into your dancing shoes! You'll learn steps from Latin, Salsa, Merengue, Bachata, Cumbia, and more! Make like Kevin Bacon and join us for this fun, all levels fitness dance class. No previous dance experience needed.

Monday, October 5th 2020

11 am EST/8 am PST	Flight: A dance music inspired workout that blends cardio, sculpting and yoga	<p>FLIGHT is an Electronic Dance Music workout created by Sydney Benner that launched in dance clubs and has since grown internationally all the way to South Korea. FLIGHT has been featured on Popsugar Fitness, FitOnApp, and in Equinox Clubs from Los Angeles to New York City. It is a calorie burning authentic fitness movement that has built an inclusive community all around the world. GET FIT! FEEL THE MUSIC! TAKE FLIGHT!</p> <p>(Shorter Version: FLIGHT: A dance music inspired workout that blends cardio, yoga, sculpting, and a dance party into one electrifying movement experience!)</p>
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3 pm EST/12 pm PST	Take 5: Affirmative Stretch	In this five-minute break, you'll energize your body with feel-good stretches and transform your day with positive affirmations.
5 pm EST/2 pm PST	Celebrity Pantry Challenge	Has quarantine made you a pro in the kitchen? Or maybe you're a fan of Chopped, Top Chef, or The Great British Bake Off? Well now's your chance to flex that culinary clout. Join Sara Nahas-Hormi, Senior Culinary Producer of The Food Network's Chopped, and a panel of celebrity judges as you compete to make the best dish imaginable with ingredients from your pantry. Winner gets a mouth-watering prize. Ready for the challenge?
Tuesday, October 6th, 2020		
11 am EST/8 am PST	Kitchen Ballet Barre	Strength. Endurance. Posture. Flexibility. No wonder even football players know the value of ballet. Join Craig Hall, Reparatory Director with New York City Ballet, and learn basic ballet techniques that can be utilized anywhere, even in your kitchen at home.
3 pm EST/12 pm PST	Take 5: Pranayama Breath	In this five-minute break, learn the basic mechanics of breathing and how to cultivate basic breath awareness. Together we will practice a powerful breathing technique (pranayama) to help calm your central nervous system, reduce stress, and open energetic pathways for the flow of vital life force energy (prana).
5 pm EST/2 pm PST	Balancing Family, Mental Health and Work at Home	After six months of quarantine, remote learning and working from home, and in a time of heightened tensions, parents across the country are in dire need of support. Join renowned psychologist and best-selling author Dr. Madeline Levine for this timely talk on practical strategies for nurturing our families and ourselves during these challenging times.
Wednesday, October 7th, 2020		
11 am EST/8 am PST	Work(out) From Home	Join celebrity fitness instructor Bree Koegel as she leads movement to counter all the aches and pains associated with working from home. If you have access to a stationary, non-swivel chair, please bring with you to the workout. Other than that, all you need is a body and a smile.
3 pm EST/12 pm PST	Take 5: Self Reiki	In this five-minute break, learn to activate the chi in your hand chakras and administer it to any body part that may feel tight or painful.



5 pm EST/2 pm PST	Create Your Own Career	Whether you're looking for work, eager to move up the ranks, or ready for a new opportunity, it's valuable to plan for a career, not just another job. In this exclusive roundtable discussion, join WSJ best-selling author and Founder & President of The Muse Alexandra Cavoulacos, international venture capitalist and best-selling author Patrick McGinnis, and Founder & CEO of Soul Career Lisandra Rickards, as they share practical tips, exercises and strategies for creating the career of your dreams.
Thursday, October 8th, 2020		
11 am EST/8 am PST	Fitness Master Bootcamp	Designed to awaken your body's hidden mobility and endurance, this unique workout will engage you with exhilarating cardio plus a bodyweight training sequence. Bring hand weights or resistance bands if you have them. If not, your dancing feet will do the trick!
3 pm EST/12 pm PST	Take 5: Press Calm	In this five-minute break, you'll harness the power of Traditional Chinese Medicine with a soothing acupuncture sequence designed to soothe symptoms of stress.
5 pm EST/2 pm PST	Best of Broadway	Join stage and screen star James Snyder (Harry Potter in Harry Potter And The Cursed Child on Broadway), recording artist and Broadway veteran Jessica Vosk (Elphaba in Wicked), and Tony Award nominated actor Charl Brown (Smokey Robinson in Motown: The Musical) for a special, closing-night concert filled with song, joy and inspiration.
Monday, October 12th, 2020		
10:00 AM	Home Office Health Hacks - Brain Boost	Don't just survive your day at work, learn to thrive with these fun health hacks. You'll learn tips and tricks to building healthier habits, the value of ritual and routine, and how to increase your sense of vitality - even as you sit at your desk!
1:00 PM	Home Office Health Hacks - Healthy Fall Foods	How you feel at work effects the quality of the work you do. Learn different modalities for stress and tension relief tailor made to you move forward with intention. Squeeze in a session between calls and notice the difference.
Tuesday, October 13th, 2020		
8:00 AM	Yoga From Home	A good ole' fashioned yoga class to start your morning on the right foot. A perfect blend of mobility, core strengthening and relaxation, these classes help you feel grounded and inspired for the day ahead.



12:30 PM	The Enneagram for Better Wellbeing: Part 1	The Enneagram is an archetypal framework that offers in depth insight to individuals, groups and collectives. Based on nine main personality types, the Enneagram offers a rich map to personal development from an open systems perspective. It does not box people in, but rather opens a pathway to self-discovery and greater personal awareness. Working with the Enneagram empowers individuals to take responsibility for their own behaviors and growth, from a greater understanding of why they act and react the way they do. It reveals not only what holds us back, but also offers insights into the journey toward strength and liberation, connecting us to our inner purpose and higher selves.
3:00 PM	No Excuse Quick Cardio Blast	No excuses! Avoid the afternoon slump and get a healthy glow with Gabi. A mini but mighty 20 minutes of standing exercises to get your heart rate up and your creative juices flowing.
Wednesday, October 14th, 2020		
10:00 AM	Mid Week Meditation	A consistent meditation practice has many benefits, including higher productivity at work, lower stress levels, and stronger emotional resilience - to name a few! These mid-week moments offer a non dogmatic and safe space to find clarity and calm.
2:00 PM	Connecting to Nature, even when working from home	Nature is the best medicine -- but what happens when the temperatures start to drop and it's harder to spend time outside? Learn the scientific benefits of nature (how it can boost physical, mental and emotional wellbeing) and learn tips and tricks to connect to the healing powers of Mother Nature from the comforts of your own home
3:00 PM	Mid Week Chair Cardio	Just trust us on this one - you'll sweat, you'll smile, and you'll do it all from your seat! All you need is a chair and 20 minutes. This is a creative and powerfully effective way to both increase your strength, but also your mood!
5:00 PM	Wine Wednesdays: Wine tasting: The Basics	<p>Grab your co-workers or quarantine family for a weekly virtual Happy Hour and wine class! You'll learn wine basics and how to discover your palate, popular varietals / hot new wine trends, and interesting ways to pair wine with food (your T-day guests will thank you!).</p> <p>Plus - All attendees are entered into a raffle to win 2 bottles of wine. Cheers!</p> <p>SUGGESTED WINES FOR THIS SESSION (retail \$20 or less) CHARDONNAY: Louis Jadot Macon Village (or any from Europe) CHARDONNAY: St. Francis Sonoma County (or any produced outside of Europe – Australia, North & South America etc.) PINOT NOIR: Louis Jadot Pinot Noir (or any from Europe) PINOT NOIR: Montes Alpha Pinot Noir - Aconcagua Valley, Chile (or any Pinot Noir produced outside of Europe – Australia, North & South America, New Zealand)</p>



Thursday, October 15th, 2020

10:00 AM	Home Office Yoga: Hip Strengthening & Core + Lower Back & Heart Opening	You swapped the sofa for a more ergonomic home desk chair. Your desktop has been suitably Marie Kondo'd. After nearly six months of WFH, you've taken steps to make sure you can work in relative peace and comfort. Now, it's time to do the same for your body. In these sessions, you'll learn powerful poses to help your body feel healthier, stronger, and more comfortable, whether you're seated in Full Lotus or sitting through another Zoom call.
12:30 PM	Connection to Purpose and Your Wellbeing: Part 2	Connection to Purpose and Your Wellbeing - Having a framework through your enneagram type can now help you align your time and energy to what you are here to do. Being connected to your purpose will support your health and wellbeing over the course of your career and your lifetime.
2:00 PM	Self-Care Tips You Never Heard Of	You feel your best when you know how to take care of yourself, and treat yourself! Learn the basic concepts of self-care -- what it is and why you need to prioritize it in your life and wellness journey. This series offers specific, lesser known self-care hacks you'll want to incorporate into your routine ASAP.
3:00 PM	Acupressure For Immune Health	It's hard to focus when you have tension. Acupressure is an empowering, simple technique to help relieve tension and alleviate pain when tension-related pain strikes. Drawing deeply from the well of Traditional Chinese Medicine and reflexology, these sessions teach you to treat common complaints like tension headaches, poor sleeping, and more by targeting different pressure points throughout your body. An easy and effective practice you can do at your desk!

Friday, October 16th, 2020

10:00 AM	Home Office Plant Help	Plants not only help clean the air in your home, tending to them can be very therapeutic. You'll learn easy methods for seasonal plant care, how to fertilize and arrange your plants, indoor care and design, and what to plant outside in these accessible, fun sessions! Whether you've got plant babies or a black thumb, these classes will help you go green.
2:00 PM	Salsa Fit Fridays	Step away from your inbox and into your dancing shoes! You'll learn steps from Latin, Salsa, Merengue, Bachata, Cumbia, and more! Make like Kevin Bacon and join us for this fun, all levels fitness dance class. No previous dance experience needed.

Monday, October 19th, 2020



10:00 AM	Home Office Health Hacks - Morning Rituals	Don't just survive your day at work, learn to thrive with these fun health hacks. You'll learn tips and tricks to building healthier habits, the value of ritual and routine, and how to increase your sense of vitality - even as you sit at your desk!
1:00 PM	Home Office Health Hacks - Tapping to Break Unwanted Habits	How you feel at work effects the quality of the work you do. Learn different modalities for stress and tension relief tailor made to you move forward with intention. Squeeze in a session between calls and notice the difference.
Tuesday, October 20th, 2020		
8:00 AM	Yoga From Home	A good ole' fashioned yoga class to start your morning on the right foot. A perfect blend of mobility, core strengthening and relaxation, these classes help you feel grounded and inspired for the day ahead.
12:30 PM	Managing Difficult Conversations Part 1	What makes difficult conversations difficult? Respectful Communication: The most effective strategy for managing difficult conversations. The four keys to communicating respectfully.
3:00 PM	No Excuse Quick Cardio Blast	No excuses! Avoid the afternoon slump and get a healthy glow with Gabi. A mini but mighty 20 minutes of standing exercises to get your heart rate up and your creative juices flowing.
Wednesday, October 21st, 2020		
10:00 AM	Mid Week Meditation	A consistent meditation practice has many benefits, including higher productivity at work, lower stress levels, and stronger emotional resilience - to name a few! These mid-week moments offer a non dogmatic and safe space to find clarity and calm.
3:00 PM	Mid Week Chair Cardio	Just trust us on this one - you'll sweat, you'll smile, and you'll do it all from your seat! All you need is a chair and 20 minutes. This is a creative and powerfully effective way to both increase your strength, but also your mood!



4:00 PM	Popular Grape Varietals + Some Less Known Favorites	<p>Grab your co-workers or quarantine family for a weekly virtual Happy Hour and wine class! You'll learn wine basics and how to discover your palate, popular varietals / hot new wine trends, and interesting ways to pair wine with food (your T-day guests will thank you!).</p> <p>Plus - All attendees are entered into a raffle to win 2 bottles of wine. Cheers!</p> <p>SUGGESTED WINES FOR THIS SESSION (retail \$20 or less) Infamous Goose Sauvignon Blanc – New Zealand Michele Chiarlo Gavi – Italy Villa Matilde Falanghina – Italy Norton Cabernet Sauvignon – Argentina Alta Vista Malbec - Argentina</p>
Thursday, October 22nd, 2020		
10:00 AM	Home Office Yoga: Core + Lower Back	You swapped the sofa for a more ergonomic home desk chair. Your desktop has been suitably Marie Kondo'd. After nearly six months of WFH, you've taken steps to make sure you can work in relative peace and comfort. Now, it's time to do the same for your body. In these sessions, you'll learn powerful poses to help your body feel healthier, stronger, and more comfortable, whether you're seated in Full Lotus or sitting through another Zoom call.
12:30 PM	Managing Difficult Conversations Part 2	Difficult conversation avoidance and management tactics in action. Specific types of difficult conversational challenges.
3:00 PM	Acupressure For Lower Back Health	It's hard to focus when you have tension. Acupressure is an empowering, simple technique to help relieve tension and alleviate pain when tension-related pain strikes. Drawing deeply from the well of Traditional Chinese Medicine and reflexology, these sessions teach you to treat common complaints like tension headaches, poor sleeping, and more by targeting different pressure points throughout your body. An easy and effective practice you can do at your desk!
Friday, October 23rd, 2020		
10:00 AM	Living Room Fit	You've got the time. You've got the props. Repurposing simple everyday household props like pillows, blankets, and chairs, Living Room Fitness is an inventive small-space cardio workout designed to help you get moving while making the most out of what you've got, whether it's Sculpting with a can of beans or weightlifting with your cat.



2:00 PM	Salsa Fit Fridays	Step away from your inbox and into your dancing shoes! You'll learn steps from Latin, Salsa, Merengue, Bachata, Cumbia, and more! Make like Kevin Bacon and join us for this fun, all levels fitness dance class. No previous dance experience needed.
Monday, October 26th, 2020		
10:00 AM	Home Office Health Hacks - Sleep Hacks for Everyone	Don't just survive your day at work, learn to thrive with these fun health hacks. You'll learn tips and tricks to building healthier habits, the value of ritual and routine, and how to increase your sense of vitality - even as you sit at your desk!
1:00 PM	Home Office Health Hacks - Affirm & Stretch	How you feel at work effects the quality of the work you do. Learn different modalities for stress and tension relief tailor made to you move forward with intention. Squeeze in a session between calls and notice the difference.
Tuesday, October 27th, 2020		
8:00 AM	Yoga From Home	A good ole' fashioned yoga class to start your morning on the right foot. A perfect blend of mobility, core strengthening and relaxation, these classes help you feel grounded and inspired for the day ahead.
12:30 PM	Staying Resilient Through Crisis and Change	Our mindset matters in terms of brain health and how we react to unexpected change. Our bodies are primed with hormones to react to stressful situations. Staying resilient means practicing a mindset of challenging that at times, Learn a few key practices to stay resilient.
3:00 PM	No Excuse Quick Cardio Blast	No excuses! Avoid the afternoon slump and get a healthy glow with Gabi. A mini but mighty 20 minutes of standing exercises to get your heart rate up and your creative juices flowing.
Wednesday, October 28th, 2020		
10:00 AM	Mid Week Meditation	A consistent meditation practice has many benefits, including higher productivity at work, lower stress levels, and stronger emotional resilience - to name a few! These mid-week moments offer a non dogmatic and safe space to find clarity and calm.
3:00 PM	Mid Week Chair Cardio	Just trust us on this one - you'll sweat, you'll smile, and you'll do it all from your seat! All you need is a chair and 20 minutes. This is a creative and powerfully effective way to both increase your strength, but also your mood!



5:00 PM	Holiday Season Wine Selections	<p>Grab your co-workers or quarantine family for a weekly virtual Happy Hour and wine class! You'll learn wine basics and how to discover your palate, popular varietals / hot new wine trends, and interesting ways to pair wine with food (your T-day guests will thank you!).</p> <p>Plus - All attendees are entered into a raffle to win 2 bottles of wine. Cheers!</p> <p>WINES THAT ARE PERFECT TO SIP AT A PARTY OR PAIR WITH HOLIDAY DINNERS</p> <p>Taittinger Champagne Brut La Francaise or Prestige Rose Domaine Carneros Brut or Rose Napa California Prosecco – Italy Montes Alpha Pinot Noir – Chile Louis Beaujolais Village – France Michele Chiarlo Nivole Ruby or Tawny Port</p>
Thursday, October 29 th , 2020		
10:00 AM	Home Office Yoga: Heart Opening	You swapped the sofa for a more ergonomic home desk chair. Your desktop has been suitably Marie Kondo'd. After nearly six months of WFH, you've taken steps to make sure you can work in relative peace and comfort. Now, it's time to do the same for your body. In these sessions, you'll learn powerful poses to help your body feel healthier, stronger, and more comfortable, whether you're seated in Full Lotus or sitting through another Zoom call.
12:30 PM EST	Reaching Out: Strategies for Addressing Loneliness	Loneliness is not a disease to be vanquished, but a useful personal barometer of social needs that must be addressed to enhance connectedness and protect your health.
3:00 PM	Acupressure For Better Sleep	"It's hard to focus when you have tension. Acupressure is an empowering, simple technique to help relieve tension and alleviate pain when tension-related pain strikes. Drawing deeply from the well of Traditional Chinese Medicine and reflexology, these sessions teach you to treat common complaints like tension headaches, poor sleeping, and more by targeting different pressure points throughout your body. An easy and effective practice you can do at your desk!
Friday, October 30 th , 2020		



10:00 AM	Home Office Plant Help	Plants not only help clean the air in your home, tending to them can be very therapeutic. You'll learn easy methods for seasonal plant care, how to fertilize and arrange your plants, indoor care and design, and what to plant outside in these accessible, fun sessions! Whether you've got plant babies or a black thumb, these classes will help you go green.
2:00 PM	Salsa Fit Fridays	Step away from your inbox and into your dancing shoes! You'll learn steps from Latin, Salsa, Merengue, Bachata, Cumbia, and more! Make like Kevin Bacon and join us for this fun, all levels fitness dance class. No previous dance experience needed.