

Your Fresh Start Begins Here



A Balanced Beginning for 2026. A new year is a wonderful time to pause, reflect, and find fresh ways to support your wellbeing. The [Stress Relief](#) program from Wellbeats is your invitation to unwind, recharge, and reconnect with your inner balance.

Each week offers short, accessible classes that fit easily into your routine:

- **Breathing & Mindfulness** – Learn to calm stress and refocus energy
- **Gentle Yoga & Yin** – Stretch, release tension, and restore balance
- **Tai Chi** – Cultivate grace, grounding, and mental clarity
- **Rest Days** – Time to breathe, reflect, and recharge

Access videos such as:



Focused Feedback
2 min



Tai Chi Reduce Stress
13 min



Quick Breath
4 min

This series helps quiet the mind and relax the body so you can begin 2026 feeling centered and refreshed.

Discover how small moments of calm can make a big difference

Log in to your Wellbeats account and access the [Stress Relief](#) program.



Download the app on the
App Store or Google Play

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