



Wellness

Stress Less

Find Guided Support to Help You Manage Stress

Ease the feeling of overwhelm with this 14-day program designed to help you cope with stress. Our expert-led team of friendly instructors will guide you through effective techniques, exercises, and nutritional guidance to reduce stress levels and improve your everyday living.

No equipment needed (yoga mat/block optional).



Gentle Yoga
28 mins | ★ 4.7



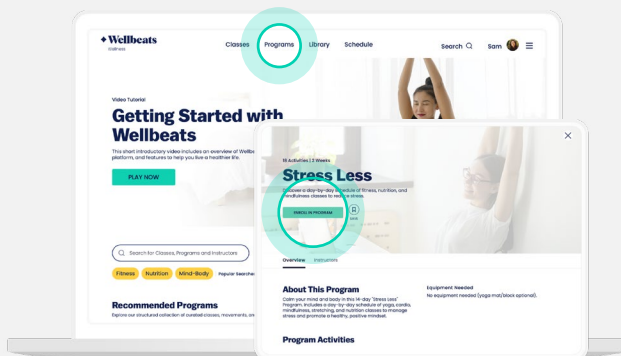
Cooking to Reduce Stress
7 mins | ★ 4.6



Stretch & Align
7 mins | ★ 4.7



Strength & Cardio Circuit
25 mins | ★ 4.7



Join the Stress Less Program

Actual design and navigation may vary depending on your device.



Download the app on the App Store, Google Play, or Apple TV

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