

# Mental Health Awareness Day Packages & Discounts

Celebrate October 10<sup>th</sup> With Our Most Popular Classes!

Our Most Popular Series Ever

## PACKAGE 1

One-Off Class  
Recommendations For  
MHAD

Understanding Anxiety  
OR  
Break The Stress Cycle  
OR  
Stretch & Soothe For Anxiety  
Relief

**\$690**

## PACKAGE 2 Trending

4-Session Pack  
Recommendations

1. Understanding Anxiety
2. Break The Stress Cycle
3. Stretch & Soothe For  
Anxiety Relief
4. Chair Yoga

~~\$2760~~

**\$1880**

**(\$490/class)**

## PACKAGE 3

8-Session Pack  
Recommendations

1. Understanding Anxiety
2. Break The Stress Cycle
3. Stretch & Soothe For  
Anxiety Relief
4. Chair Yoga
5. Mindfulness 101
6. Good Mood Food
7. Mindful Movement
8. The Science Of  
Gratitude Journaling

~~\$5520~~

**\$3,520**

**(\$440/class)**

Not sure which to choose?  
Let us help you find the perfect fit!

**Book A Call With A Wellness Expert!**

or

**Book Online**



# Our Top 10 Classes For MHAD (Oct. 10)

1

## Chair Yoga (Movement Class)

A beginner-friendly intro to yoga you can do right from your chair—no mat or stretchy pants required!

Led by a registered yoga teacher, it includes accessible modifications for all bodies. No special clothing needed—you can even join in a suit. Just bring yourself and a chair!

2

## Break The Stress Cycle

Chronic stress can keep your nervous system stuck in high alert, making it harder to relax or recharge. In this session, you'll learn how your body responds to stress—and how to bring it back into balance with simple, science-backed techniques. Walk away with practical tools to calm your mind and build lasting resilience.

3

## Stretch & Soothe For Anxiety (Movement Class)

Stress doesn't just live in your mind—it shows up in your body too.

This session uses simple stretching, rhythmic movement, and breathwork to release tension—all from the comfort of your chair, no pretzel poses required! No need to change—come as you are, even in a suit. All you need is a chair and an open mind.

4

## Mindfulness 101

This introduction to mindfulness meditation is perfect for calming the mind and releasing stress.

In this class, you will learn the subtle difference between mindfulness and meditation and how to bring mindfulness into your work and home life.

Close with a relaxing guided meditation.

5

## Understanding Anxiety

Feeling anxious is a natural part of life, but excessive worry can disrupt focus, sleep, and overall health. In this session, we'll explore the difference between everyday worry and chronic anxiety.

Learn practical, evidence-based techniques to calm racing thoughts, regulate your nervous system, and finally get a good sleep.

6

## Good Mood Food

Food isn't just fuel—it can help lift your mood, reduce stress, and keep your mind sharp. The right nutrients can help balance energy levels, improve focus, and even support better sleep.

This session will break down easy, practical ways to nourish your brain and body without overhauling your routine.

7

## Mindful Movement (Movement Class)

This class combines active stretching with calming breathwork to energize and refresh during a busy workday. Your instructor will guide you through a flow of movements and breathwork, offering the perfect blend of relaxation and rejuvenation.

Loose-fitting clothing is ideal.

8

## The Science Of Gratitude Journaling

Gratitude may be the most accessible, affordable tool we have to increase optimism, emotional resilience, and happiness.

No fancy notebook required. A scrap of paper and a few minutes is all it takes to start rewiring your brain for the better.

9

## Mindfulness For The Midday Slump

Feeling sluggish in the afternoon is a shared experience, but it doesn't have to be a daily setback.

Revitalize your afternoons with our energizing mindfulness class, where you will learn three techniques to mindfully avoid a midday crash and build sustainable energy that lasts all day long.

10

## Mindfulness For Boosting Focus

On average, employees who work on computers are distracted every 11 minutes.

In this session, you'll learn how mindfulness, "deep work," and "batch work" can help you cut through distractions, stay present, and make the most of your workday.

# What Sets Twello Apart

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## Expert-Led Training



Certified & Insured Facilitators

Corporate Approved Content

Flat Rate Pricing

Supporting Teams In Any Timezone

**“The Twello Team Is The Best In The Industry.”**

Sue Aksaz, Nue Co.



# Don't Just Take It From Us...

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Cheri Mungham Jiwani,  
Global HR

Informative, practical,  
and calming  
presentations that  
give employees tools  
they can incorporate  
into their busy lives.



Katie Carpenter,  
Asset Manager

Twello was very easy  
to work with, well  
prepared,  
responsive, and  
adaptable.



Young Park,  
Product Manager

Lots of high praise  
from our team  
members after the  
session.  
Highly, highly  
recommend to others!



Stacy Hurt,  
Attendee

Professional and  
practical instruction,  
given by a skilled  
teacher.  
It's been an island of  
peace in my week.  
Thank you!



Join Our Happy & Healthy Clients



A smiling man with short dark hair, wearing a white and light blue sweater and blue jeans, is sitting on a white couch. He has a laptop on his lap and is looking towards the camera. The background is a plain white wall.

[Book Online](#)

# What Our Attendees Say:

**"THANK YOU!!!! I REALLY needed this today, thank you very, very much!"**

**"I've used these tools multiple times when I'm feeling anxious & overwhelmed."**

**"Because of these, I feel like my employer actually cares about my health."**

**"I feel more focused and happier after every class. MORE PLEASE!"**

# FAQ

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**Do I have to use all my classes in October?** Nope! Class credits are valid for 12 months from purchase, use them whenever you'd like.

**How does pricing work? Is there a minimum or a maximum number of attendees?** There is no minimum and the pricing is a flat rate for up to 200 attendees! *Custom pricing over 200.*

**Do you have 60-minute classes?** We sure do! Just ask. For 60-minutes, just add +\$200/class.

**Is the class recorded?** Yes, the entire class is recorded and yours to keep and distribute however you would like. This is an awesome (and uncommon) perk for distributed teams working across many time zones.

**What is the content of the classes?** All of our classes have been specifically designed with a corporate audience in mind, no crystals or candles here! The content is secular and does not reference any specific religion or spirituality. Would you like to learn more about a specific class? Just let us know and we'll send over a sample!

**How do I pay?** We take all major credit cards! ACH or EFT can also be arranged for payments over \$5000.

**How much notice is required?** We can usually make it work with just 48 hours' notice, thanks to our team across 7 time zones.

**Can we swap classes in other class topics with the suggested packages?** You sure can! These are our most requested sessions during MHAM but you know your team best. You can select any class topic from [our catalog of over 20 unique themes](#) to pop into your package. Easy peasy.

**I have more questions, can I talk to a human?** Always! Our direct number is +1 646-859-8485 or [click here to schedule a call with one of our wellness specialists](#).



Not sure which to choose?  
Let us help you find the perfect fit!

Book A 15-Min Call With A Wellness Expert!



Already know which  
class(es) you'd like?

Book Online