

Ready Set Recharge



Book a Recharge Break

Breaks can be from 10 - 45 minutes and vary in content. If possible, please provide a 4 business day lead time. Scan the QR code or [click the link](#) to register.



What People Are Saying:

"Would love it to be a few minutes longer!" - Jordan

"Our session got everyone in a open mindset before a long meeting which was nice. I likes that you acknowledged it's okay to laugh during it. Also appreciate the modifications for women in dressed/skirt!" - Jessie

"I really enjoyed this mornings session! It taught me some tricks to use at my desk to break up the midday slump."

What Types of Breaks Are Offered?

*Chair Yoga

Conference room or virtual-friendly desk tension reducing stretches.

*Mindful Meditation

Guided breathing, visualization, and mental exercises.

*Team Building

Tasks and activities geared to improve team communication and collaboration. Or games just for fun!

Yoga/Express Stretch

A total body, sweat free, instructor guided mobility session.

*These are Futureshaper Favorites!