

# A Weekend of Wellness

Be inspired. Be well.

**September 18-19, 2021**

**Live and OnDemand Classes available for FREE Saturday and Sunday!**

Click on the images below to WATCH the OnDemand classes or to REGISTER for the live classes.

**Join the conversation and post your experience by tagging #WorldWellnessWeekend**

## - OnDemand Classes -



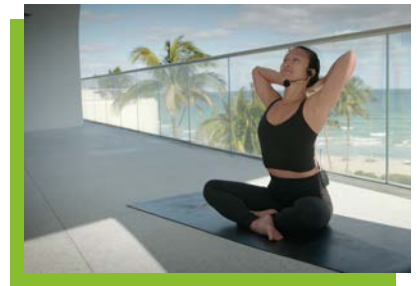
### **MOTIVATE**

Meditation for Grounding



### **MOVE**

Full Body Weight Workout



### **CONNECT**

Vinyasa Flow

## - Join Us Live Online -



### **FLOW**

**SATURDAY, SEPTEMBER 18  
4 P.M. EST**

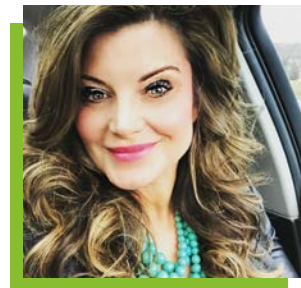
Happy Hour Flow with  
Robert Sanchez



### **MOVE**

**SUNDAY, SEPTEMBER 19  
10 A.M. EST**

HIIT Refresh with  
Hannah Sperry



### **REGENERATE**

**SUNDAY, SEPTEMBER 19  
12:30 P.M. EST**

Skincare expert and Spa  
Director Angela Brady

Presented with support from WTS International and LifeStart OnDemand.