



# Workplace Wellness Solutions

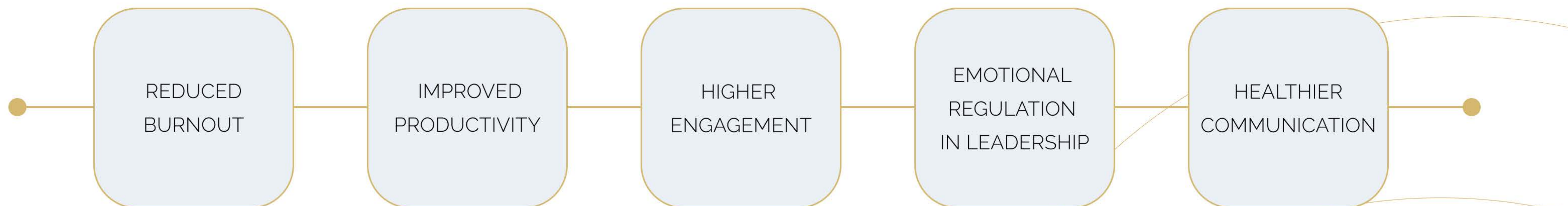




Our programs integrate yoga, meditation, breathwork, mindfulness, and nervous system regulation to help employees manage stress, regulate energy, and improve cognitive performance.



## Why does workplace wellness matter?



When employees have tools to regulate stress and maintain clarity, organizations see tangible results.



## THREE PATHWAYS

### **CUSTOMIZABLE MINDFULNESS PROGRAM**

*The Customizable Mindfulness Program follows a streamlined, collaborative process to ensure alignment with your organization's goals. It begins with an initial application to define your team, objectives, and timeline, followed by a strategy consultation to refine priorities and structure. You then receive a custom proposal outlining the program design, timeline, and pricing, after which Omstars manages full development and end-to-end delivery through its online platform for a seamless experience.*

### **CORE MINDFULNESS PROGRAM**

*The Core Mindfulness Program is a ready-to-implement corporate wellness program designed to improve employee well-being, focus, and performance through yoga, meditation, breathwork, and applied mindfulness. Built specifically for modern teams, this online workplace wellness program supports stress reduction, emotional resilience, and sustainable productivity without adding administrative burden to HR teams.*

### **OMSTARS MEMBERSHIP**

*The Omstars Membership Program gives your employees access to the entire Omstars platform for one year. They will have access to an extensive library of over 5000 on-demand yoga classes and live online yoga sessions. Allow employees to experience the benefits of yoga from the comfort of their home with guidance from world-renowned instructors like Kino MacGregor. Give them access to the best online yoga community and transform their practice with our detailed, authentic content and community.*

Simple Implementation for HR Teams. Omstars manages onboarding, platform access, and delivery.



## **CUSTOMIZABLE MINDFULNESS PROGRAM**

### IDEAL FOR

- Companies and growing startups
- Remote and hybrid teams
- Healthcare and high-stress industries
- Education and nonprofit organizations
- Leadership development cohorts
- Retreats, conferences, and group programs
- Organizations seeking structured wellness education

### HOW IT WORKS

#### **1. Complete the Initial Application**

*Share your organization's goals, team structure, and timeline. Programs are refined collaboratively.*

#### **2. Strategy Consultation**

*We discuss objectives, audience, budget, and ideal structure.*

#### **3. Custom Proposal**

*You receive a tailored program outline including design, timeline, and pricing.*

#### **4. Program Development and Delivery**

*Omstars builds and administers the program end-to-end through our dedicated online platform.*



## THE **CORE** MINDFULNESS PROGRAM

### WHY IT WORKS

This core mindfulness program delivers practical tools that employees can apply immediately. Short, accessible practices fit into the workday. No prior yoga or meditation experience required. Over time, participants develop skills for stress management, focus, and emotional balance that extend beyond the workplace.

### PROGRAM OVERVIEW

*Corporate yoga (Kino MacGregor): 2 short classes/week + biweekly extended session; focus on mobility, stress relief, and clarity.*

*Meditation & mindfulness: Guided sessions (6–35 min) to build focus, emotional regulation, and awareness.*

*Yoga philosophy: Weekly talks with practical tools for resilience, perspective, and self-regulation*

*Mindfulness in leadership: Short talks connecting well-being to decision-making, communication, and performance.*

*Breathwork training: Weekly practices for stress reduction, composure, and energy management.*

*Optional live enhancements: Monthly check-ins + access to live classes for engagement and accountability*



## THE OMSTARS PLATFORM **MEMBERSHIP**

### OMSTARS MISSION

Omstars is real, watchable, entertaining, enlightening, authentic, life-changing content made for yogis by yogis. We like to think ourselves as “Netflix for Yogis”. Whether you are a total yoga beginner, someone looking for healing from chronic pain, searching for mindfulness and meditation to soothe a busy mind, or trying to master a handstand, we will be with you every step of the way.

### MEMBERSHIP BENEFITS

*Practice At Your Own Pace: Yoga classes tailored to your needs and schedule. Watch whenever and wherever you want.*

*Yoga for Any Mood: Do a gentle flow or something more intense. You'll always find a class to fit your mood.*

*Traditional Philosophy: Study the Yoga Sutras, Sanskrit, Bhagavad Gita, ancient yogic philosophy and more.*

*World-Class Teachers: Practice daily with the expert guidance of one of our 100+ teachers. Find the teachers you connect with and practice with them every day.*

*Community: Join a global community of spiritual seekers like you who are committed to living the yoga life.*

## Why it Works

Omstars programs are intentionally built to increase engagement.



### Omstars programs provide:

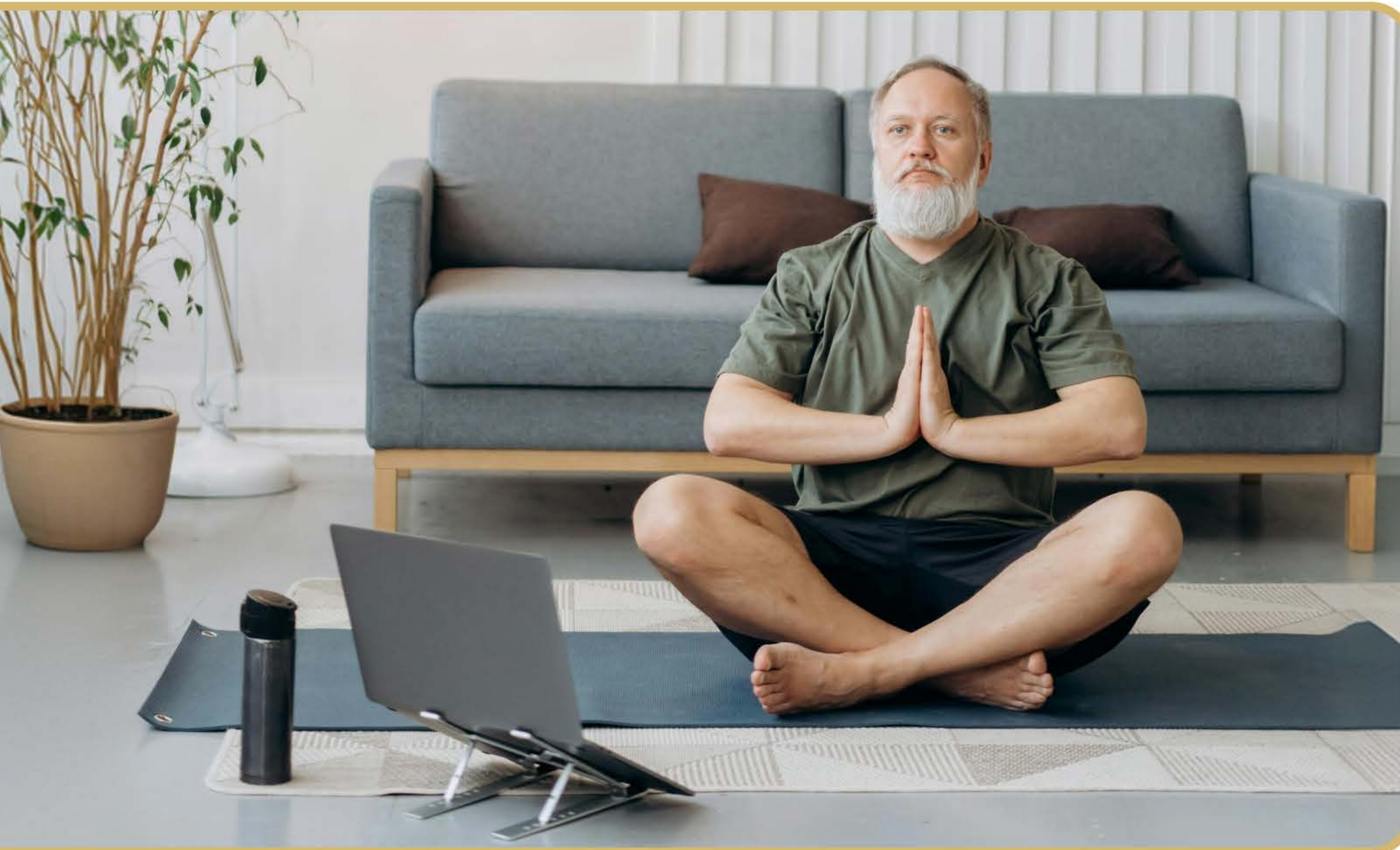
- *Clear progression and defined time commitments*
- *Time-efficient sessions catering to work schedules*
- *Flexible live and on-demand delivery*
- *Supportive communication and accountability*
- *Scalable structure across departments*

## ACCESSING THE PROGRAM

Browser Platform



App Platform



Our programs are built to support meaningful organizational outcomes, not just short-term participation.

# Workplace Wellness Solutions



## CHOOSE YOUR PATH



**CUSTOMIZABLE  
MINDFULNESS  
PROGRAM**

*Fill out application.*

**CORE  
MINDFULNESS  
PROGRAM**

*Contact us.*

**OMSTARS  
MEMBERSHIP**

*Contact us.*