

# Wellness Wednesdays Overview

Wellness Wednesdays offer clubs the opportunity to introduce specialised wellness offerings to not only bring in clubs a new lead but to build revenue from existing members, help with retention and provide a service for women to help with their overall mental wellbeing – *Refer to Toolkit for more info.*





Yoga/Meditation	Outdoor Activities	Speaker Events/ Workshops
<ul style="list-style-type: none"> <li>• Power Flow Yoga</li> <li>• Yin Yoga</li> <li>• Qigong</li> <li>• Vinyasa Yoga</li> <li>• Ashtanga Yoga</li> <li>• Iyengar Yoga</li> <li>• Yoga Nidra</li> <li>• Restorative Yoga</li> <li>• Pranayama</li> <li>• Hatha Yoga</li> <li>• Sound Healing Mediation</li> <li>• Mat Meditation</li> </ul>	<ul style="list-style-type: none"> <li>• Walking Group</li> <li>• Beach Yoga &amp; Swim</li> <li>• Sunrise Meditation</li> <li>• Walking Nature Meditation</li> <li>• Yoga in the Park</li> <li>• Mediterranean Picnic and Bocce</li> <li>• Lawn bowls</li> </ul>	<ul style="list-style-type: none"> <li>• Mental Health Awareness</li> <li>• Managing Menopause</li> <li>• Sleep Health</li> <li>• Stress Management</li> <li>• Emotional Intelligence</li> <li>• Mediterranean diet &amp; recipe demonstrations</li> <li>• Mediterranean Morning Tea</li> <li>• Vision boarding</li> <li>• Art Therapy</li> </ul>

