



**At dbt Labs
self-care is not a luxury; it's a priority.**





Introducing your **Bright Pass**



THE BRIGHT PASS

1,000+ live well-being classes each month.

DEMOCRATIZING EMPLOYEE WELL-BEING

One app for all your well-being. Whether you are a beginner, an expert, or anywhere in between, there are classes for you. Before booking, check out our intensity scale to find the class that's right for you.

Classes are filmed live from the Bright Studio in Halifax, NS and run all day long (6:00am ET - 2:00AM ET). To help you get more life done at work, we offer 15-, 30-, 45-, and 60-minute classes to suit your needs.



FITNESS

20 Classes Daily



YOGA

20 Classes Daily



NUTRITION

4-5 Classes Daily



MEDITATION

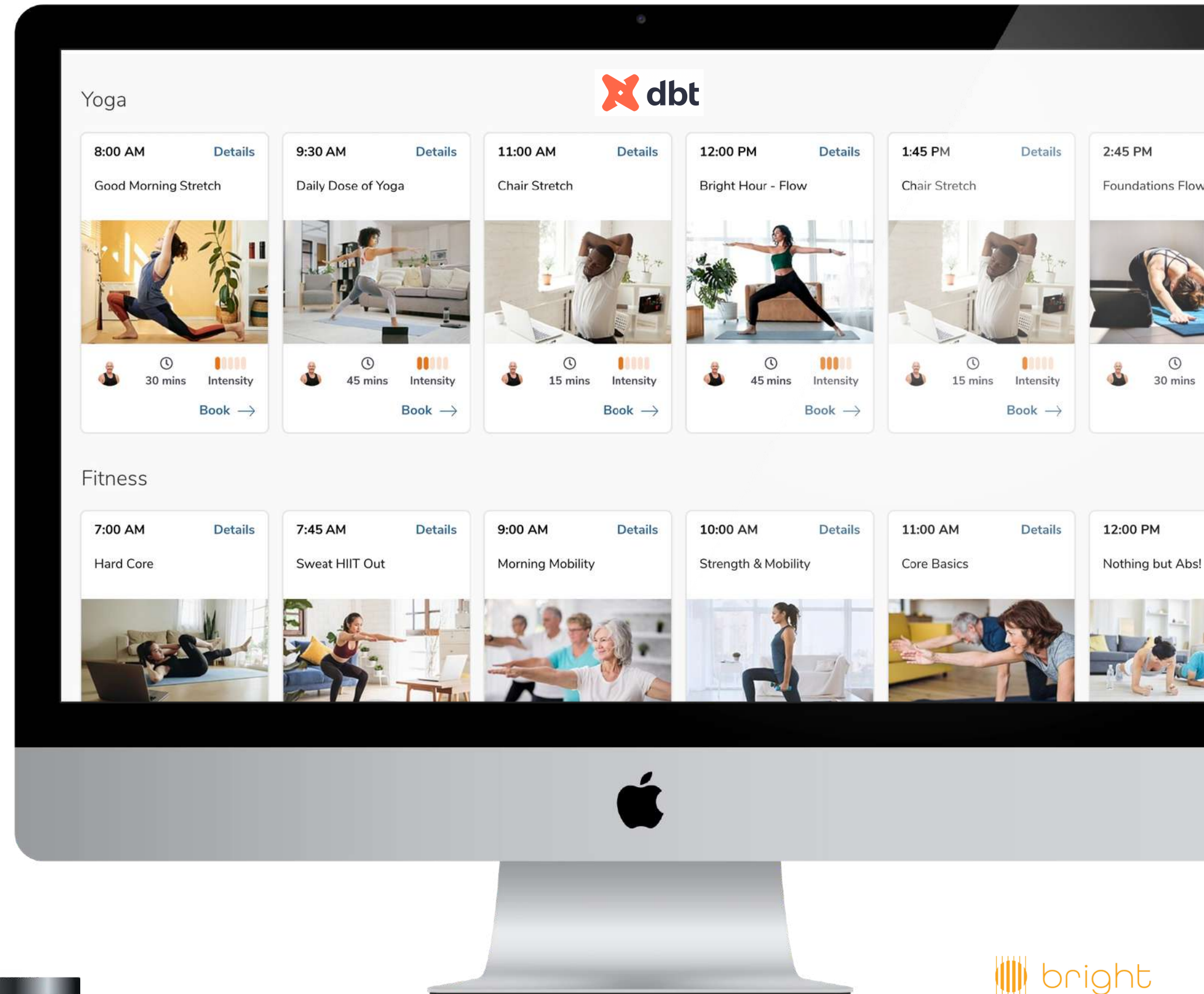
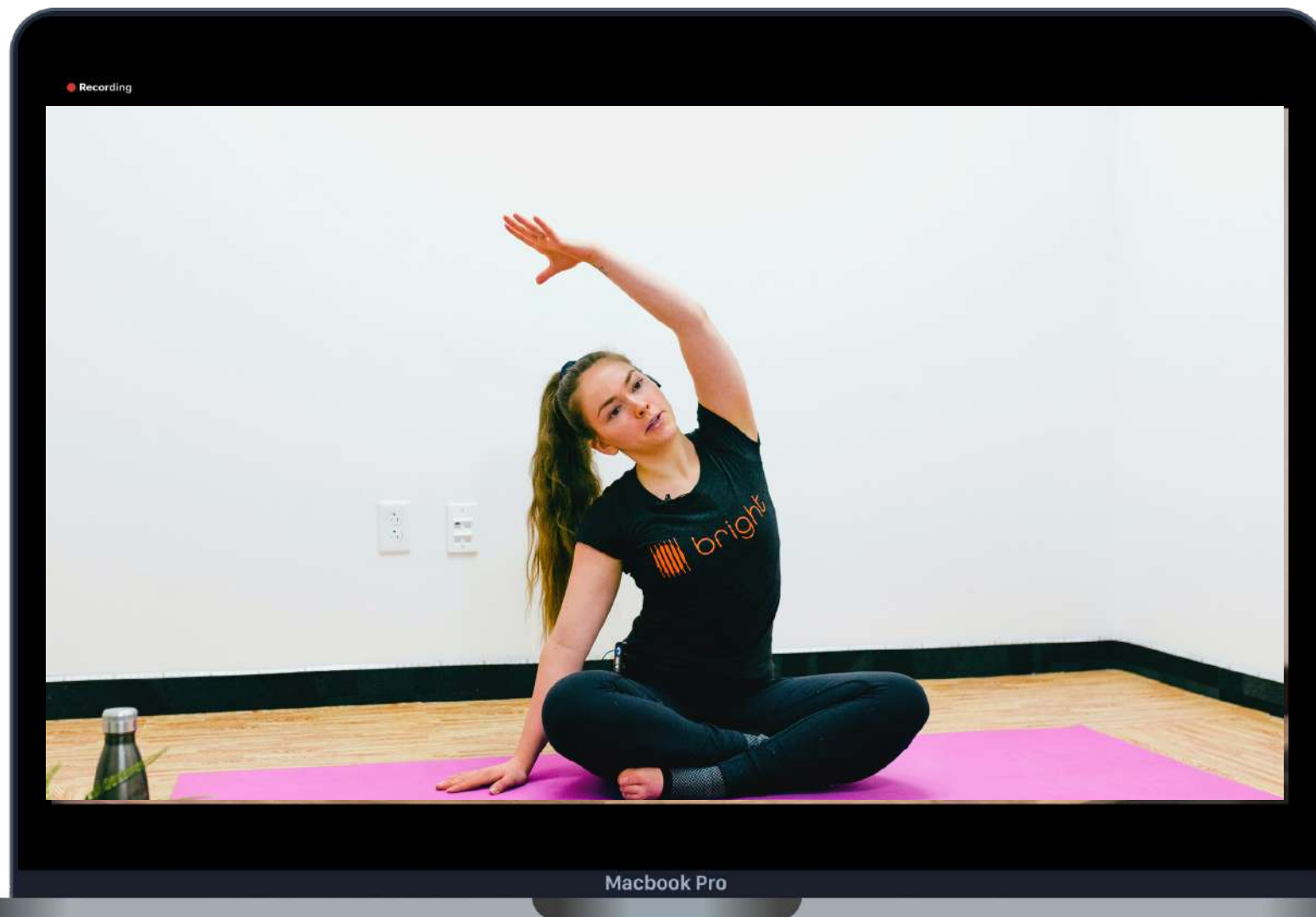
10 Classes Daily

THE BRIGHT PASS

Schedule your self-care

Available on any connected device.

Access Bright classes from your desktop when you're at work.

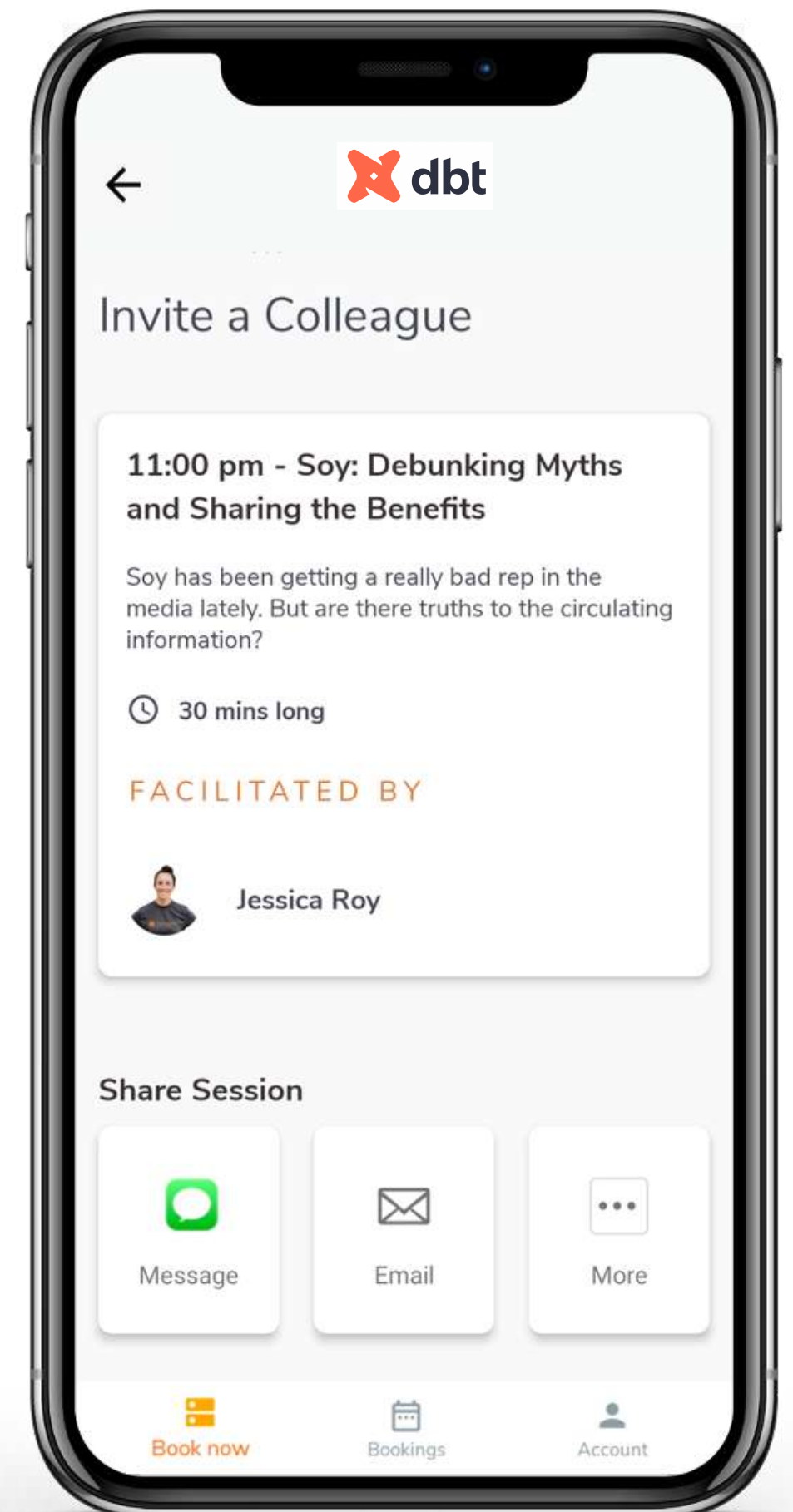
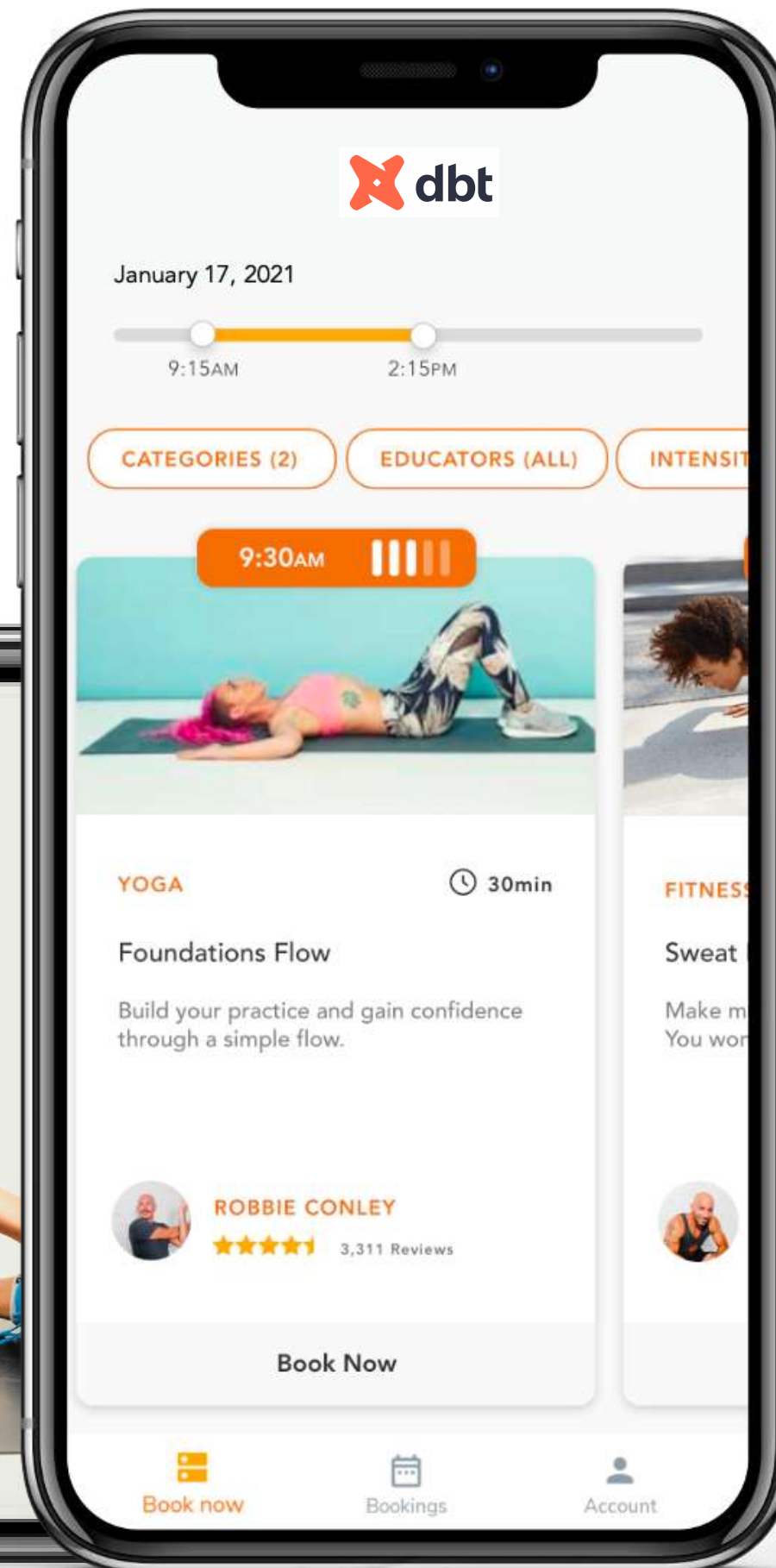


THE BRIGHT PASS

Take Bright with you

Available on any connected device.

You'll love being able to book a guided meditation session on our app; grab your ear buds and just be.



THE BRIGHT PASS

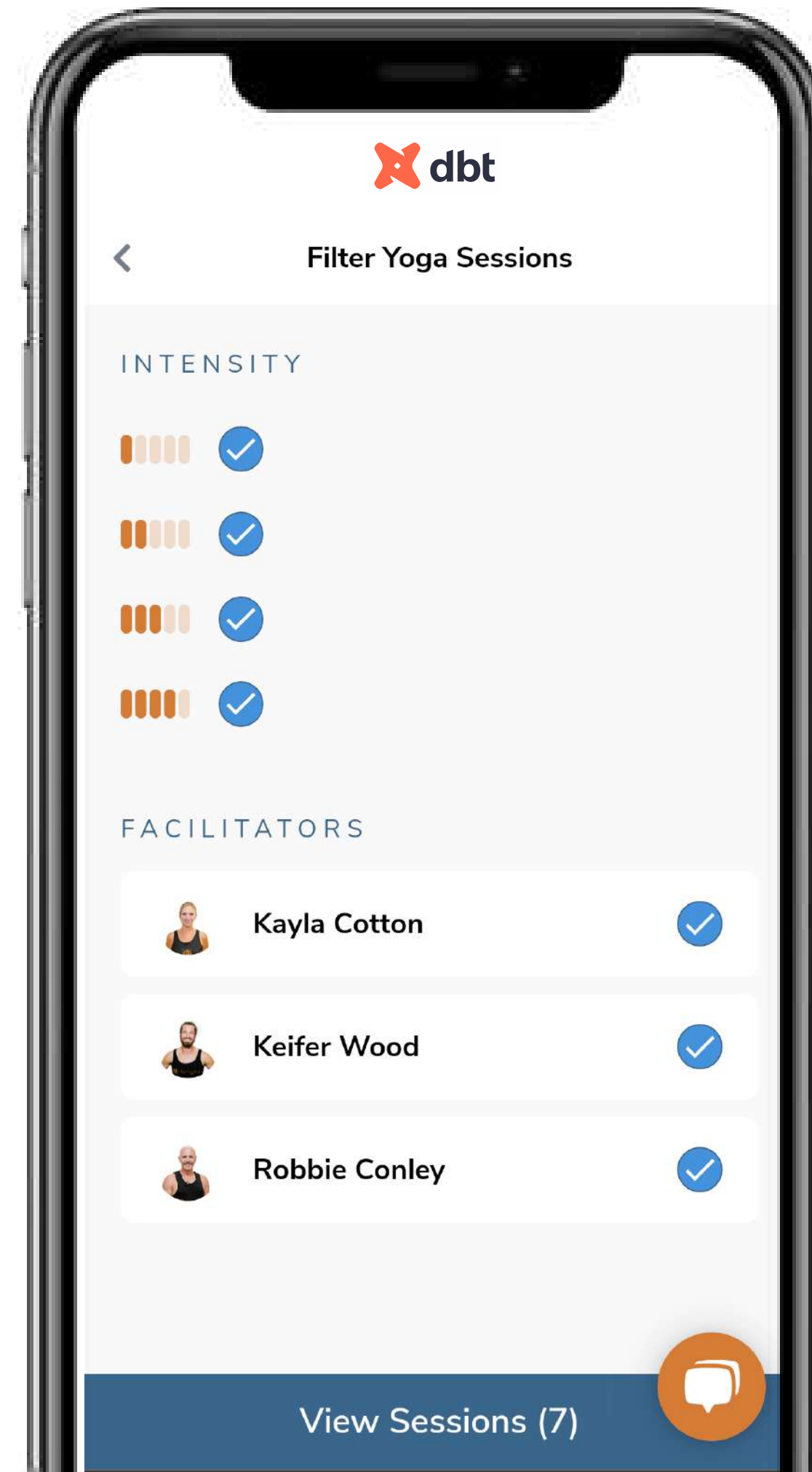
Our favorite features

Session Filters.

With over 50 live classes every day, there can be a lot to sort through -- we've made that easier for you

Choose your favorite Educators and set the intensity level based on how you're feeling.

Self-care looks different for every one.



THE BRIGHT PASS

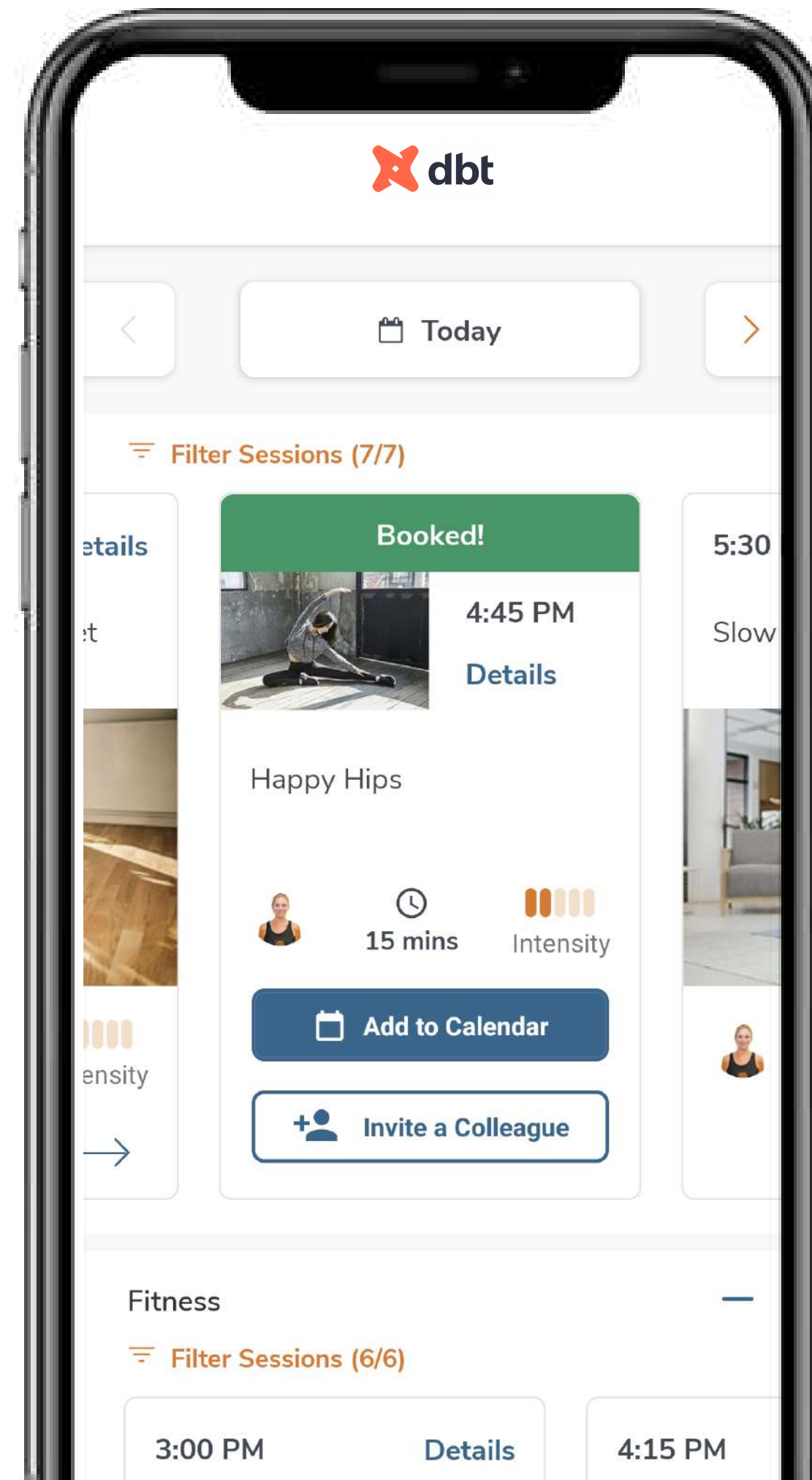
Our favorite features

Add to Calendar.

You're busy, we get it. Use our "Add to Calendar" feature to make time for your self-care.

Invite a Colleague.

There are many reasons that working out, stretching, or learning with a friend can be better than going solo. We won't list them all here, but we will leave you with this: *If you ever find your motivation start to wane, we know you're considerably less likely to skip out on a class if you've invited a pal!*



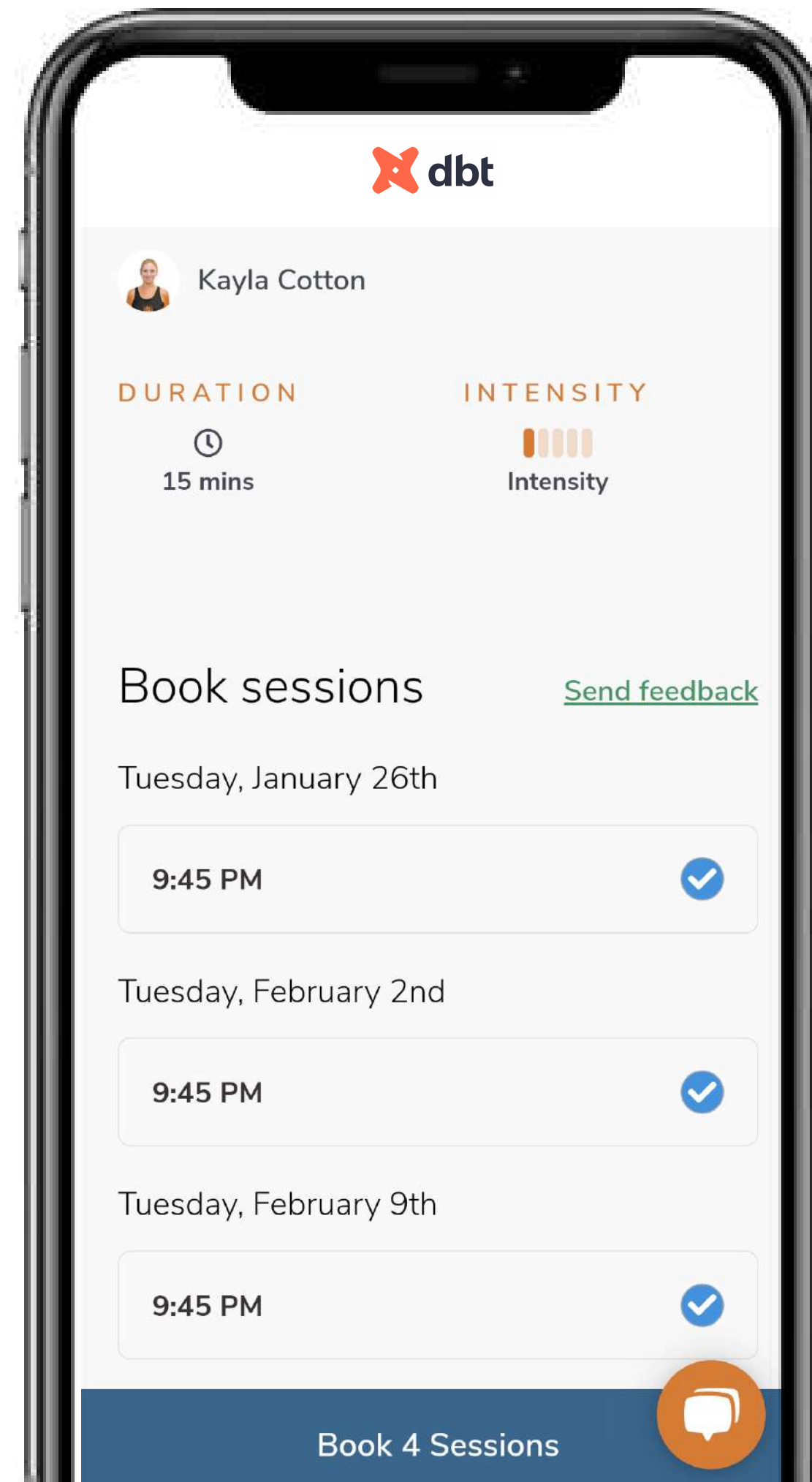
THE BRIGHT PASS

Our favorite features

Book Recurring Classes.

So you've found your groove -- every Tuesday evening, you like to wind down before bed with Kayla's End of the Day Stretch.

How about booking that class in for the next month in one click? Easy peasy -- see you on Tuesday!



THE BRIGHT PASS

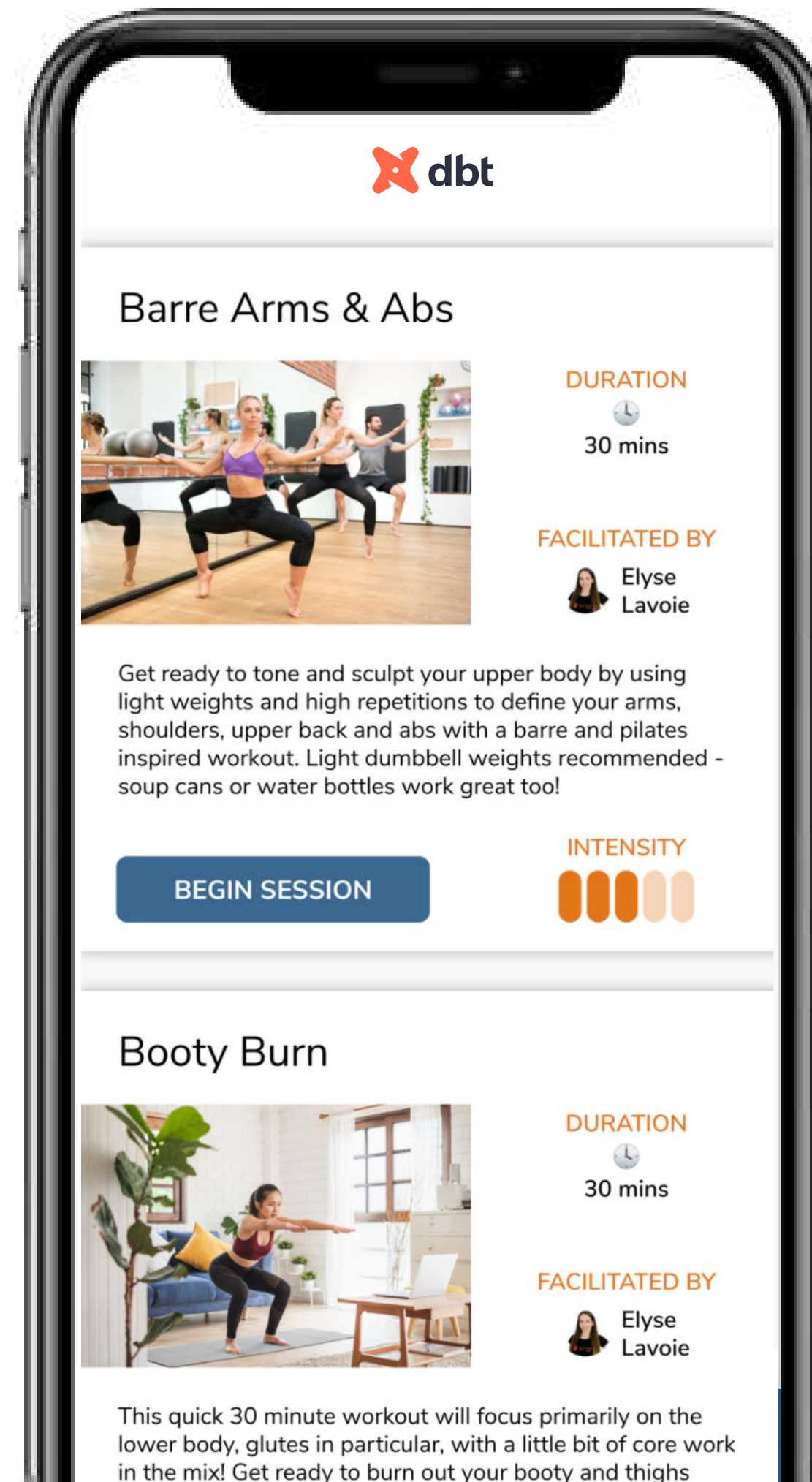
Access On-Demand

choosebright.com/on-demand

Access sessions on your time.

Prefer on-demand? We've got you covered. Browse the library of on-demand classes to take at your convenience.

Whether you loved a class and want to do it again, missed a live session you wanted to attend, or just prefer to work out on your own time, we have a session for you.

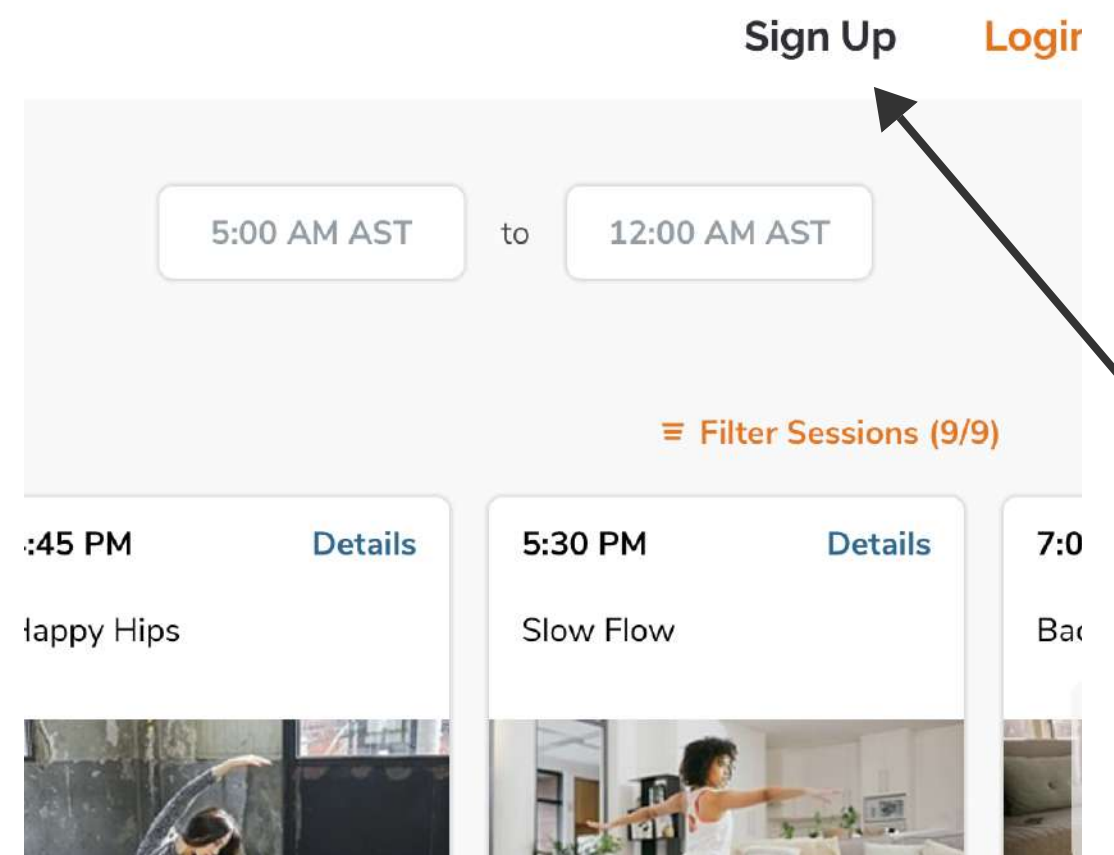


Get started

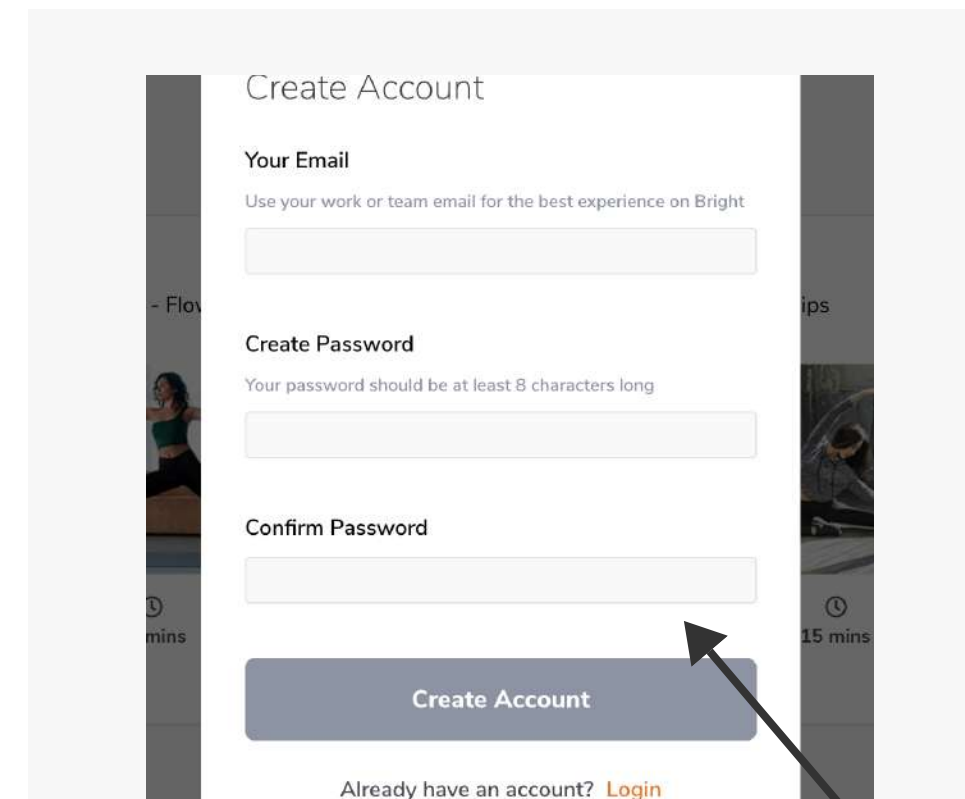
<https://brightbreaks.com/dbt>

ON YOUR DESKTOP

1. USE LINK ABOVE THEN SIGN UP



2. CREATE YOUR ACCOUNT USING YOUR DBT LABS EMAIL



ON YOUR MOBILE DEVICE

1. SCAN THIS QR CODE

2. CLICK ON SIGN UP & CREATE YOUR ACCOUNT USING YOUR DBT LABS EMAIL

