



MindBreaks™ = Nap Room + Meditation Zone + Work-Free Space

The All-Inclusive Vision

MindBreaks reimagines typically underutilized spaces into multi-purpose workplace sanctuaries designed to reduce fatigue, improve employee performance and retention, and lead to a happier, more engaged workforce.

Delos transforms wellness rooms by utilizing evidence-based products and programming to deliver short, effective, and restorative breaks.

This turnkey solution helps to alleviate stress and improve overall well-being through an engaging collection of mindfulness content.



INCREASE ENERGY



REDUCE STRESS



ENHANCE MOOD



IMPROVE FOCUS



BOOST PERFORMANCE