## Stand-Alone Email

**\*\*Please note: *YourCustomMindWellLink*** looks like “app.mindwellu.com/**customURL**”

**Subject:** Kick Off 2026 with MindWell’s Classes!

Dear \_\_\_\_\_\_,

A new year is just around the corner, and January at MindWell is all about helping you step into 2026 feeling energized, grounded, and ready for what’s ahead.

MindWell is kicking off the year with classes designed to warm up your body, reset your focus, and help you reconnect with healthy routines after the holidays. Here’s what’s coming your way:

* New Year Edition: A Mindful Winter Reset Cooking Workshop
* New Year, Aligned You
* Pilates for Spontaneous Zest
* Mindful Movement & Vitality

Learn more about these programs and sign up below.

**What’s on Offer?**

* **Warm Up from Within: A Mindful Winter Reset Cooking Workshop**

As New Year's resolutions take hold, discover a more subtle and sustainable path to well-being that goes beyond crowded gyms and strict diets. This workshop is dedicated to nourishing your body from within through whole foods.

You will learn to curb sugar cravings and gently reset from holiday indulgences with dishes like:

* A versatile Vegetarian Green Curry *(complete with a Curry Chart for endless combinations!)*
* Homemade Pumpkin Chocolate Chip "Mookies" – *your new favourite grab-and-go snack or meal replacement.*

Plus, access a comprehensive recipe booklet featuring charts and simple nourishment suggestions to help you rebalance your energy, restore your digestion, and reconnect with your body’s natural rhythm all winter long.

*\*All recipes are gluten and dairy-free and easily adaptable with your protein of choice.*

Tuesday, January 20th

1pm ET / 10am PT

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/205]

* **New Year, Aligned You**

This isn’t just a class; it’s an intentional reset for your entire being. Integrate mindful breathing, gentle strength-building, and reflective pauses to tune your body and mind into the same rhythm. Step away with renewed energy and a clear sense of direction for the year ahead

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/107]

* **Pilates for Spontaneous Zest**

Joseph Pilates believed that physical fitness was the first requisite of happiness. In this class, you will explore invigorating Pilates Mat exercises that engage the muscles and invigorate the mind to help you feel moments of ‘spontaneous zest and pleasure’ as Joseph Pilates describes in his book.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/204]

* **Mindful Movement & Vitality**

Discover how mindful practices can deepen your connection to your body, and tap into greater awareness, knowledge and wisdom. We’ll also learn techniques to integrate awareness into your daily physical activities, enhancing well-being from the inside out.

Learn more >>>

[Hyperlink: YourCustomMindWellLink/mediaLiveClass/51]

Learn more about these programs and other MindWell offerings this January by logging into *Live Classes*>>>

[Hyperlink: YourCustomMindWellLink/liveclasses]

Don’t yet have an account? Sign up here >>>

[Hyperlink: YourCustomMindWellLink]

CTA: Log In Now

More new programs will be updated soon. Stay Tuned!

\*\*MindWell is a service provided to you by \_\_\_*(insert your company name here)\_\_\_.* If you don’t yet have an account, sign up for free here: \_\_\_\_\_\_(link)\_\_\_\_\_\_\_\_\_\_ \*\*

[Hyperlink: YourCustomMindWellLink]

## Shorter Text

(to Add to Email or Use on Intranet)

(or use image included below)

**January at MindWell**

Improve your well-being with MindWell’s programs and classes.

**Warm Up from Within: A Mindful Winter Reset Cooking Workshop**

Discover a subtle and sustainable path to well-being that goes beyond crowded gyms and strict diets. This workshop is dedicated to nourishing your body from within through whole foods.

**New Year, Aligned You**

Integrate mindful breathing, gentle movement, and restorative pauses to harmonize your body and mind, fostering renewed energy and clear physical well-being.

**Pilates for Spontaneous Zest**

Experience the joy of movement! Inspired by Joseph Pilates, this class uses invigorating mat exercises to awaken your muscles and mind, unlocking moments of spontaneous zest and pleasure.

**Mindful Movement & Vitality**

Explore simple techniques to bring greater awareness into your daily physical activities, enhancing your well-being from the inside out.

Sign up for these programs by logging into your MindWell account.

[Hyperlink: YourCustomMindWellLink/[vueLogin](https://app.mindwellu.com/vueLogin)]

Don’t have an account? Sign up today.

[Hyperlink: YourCustomMindWellLink]