



October Wellness Workshops

Make time for yourself this October with 60-minute virtual wellness workshops led by The Royal Treatment.



Mindfulness at work

Find your focus and meet workplace challenges with greater calm. Learn practical mindfulness tools to ease stress, spark creativity and respond thoughtfully.

 Thursday, October 1

 12pm–1pm ET



Self Care

Explore breathing, stretching, meditation and soothing self-care techniques to release tension and nurture your well-being.

 Tuesday, October 6

 3pm–4pm ET

[Register now](#) →