



# Find Your Calm:

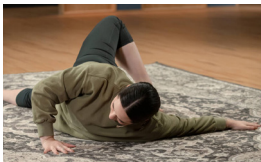
## Rest Easy, Rise Refreshed



Ready to wake up feeling refreshed, energized and ready to conquer your day? Getting a good night's rest is key to your wellbeing, your mood and your productivity. You can join our Rest and Restore program, which includes a range of classes like restorative yoga, gentle stretching, and calming meditation to unwind and prepare for a restful night.

### PROGRAM HIGHLIGHTS

To help you reach your sleep targets, here's a sneak peek into some of the classes in this program:



**Sleepy Time Yoga**  
22 mins | ★ 4.7



**Sound Healing**  
10 mins | ★ 4.7



**Bedtime Meditation**  
9 mins | ★ 4.7



**Wind Down Stretch**  
6 mins | ★ 4.7



## Ready to Rest and Restore with some nighttime routines?

In your Wellbeats *Wellness* account, go to Programs to join the **Rest and Restore** program today.



Download the app  
on the App Store or  
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