



THE UNIVERSITY OF VERMONT
EMPLOYEE WELLNESS

Your partner. Your path.

21 DAYS OF WELLNESS

This series of pre-recorded classes, each 10-15 minutes long, offers a different wellness practice each week day. There will be yoga, meditation, breathing practices, teachings from historic wisdom texts, and more! Integration weekends to re-do or catch up.

The series will provide you with a variety of wellness practices you can do whenever you desire, adding to your own personal wellness toolbox.



www.johnmcconnellyyoga.com/21days/

UVM Employees use
Discount Code:
WELLNESS
receive 30% off -
total cost less than
\$15!



For more detail, please visit the
UVM Employee Wellness website at
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BE WELL VERMONT

a NEW wellness platform
for employees