



body techniques
workplace stress management

Support your high performing teams with **Wellness Benefits**

Delete Stress. Restore Wellness.

Body Techniques, the leader in workplace wellness, is proud to partner with JPIA members and bring wellness to your employees. All JPIA members will receive a 15% discount* off their first order with Body Techniques. Use referral code JPIA2021 when [placing your wellness order](#) with us!



Virtual Offerings

BT Mindful

Recalibrate your day and extinguish stress. The sessions are 15-minutes, but the benefits last all day. This meditation series starts at \$375. [Click here](#) to view our full menu.

The Daily 15

Keep engagement up with a brief, daily class. Classes are offered at the same time everyday, but the content varies to keep it fresh and your team moving.

Meeting Booster

Exhausting video calls? Bring us in for a 10 minute Wellness Boost to ground your team, set focus, and crush deadlines.

Fitness and Yoga

Dance, jump, or squat while sweating out the stress. Build your own program or order a la carte, starting at \$60.

[Click here](#) to view the full menu.

Onsite Offerings

Massage

Let us massage away the stress and aches of the past year! Book our providers in any office nationwide. \$89 per hour

Wellness Classes

Our wide range of wellness classes are designed to support your employees' mental and physical health. Bring us in to sweat, relax, and meditate.

Clean Wellness

Health and safety for our providers and your staff are our top priorities. [Click here](#) to read more about what we do to make that happen.

*Massage has a minimum of 3 hours per order

**Daily 15 is a monthly subscription, your 15% off applies to the first month



Devin K. Colwell, Director of Strategic Sales | devin@bodytechniques.com | (909) 576-9189