



## Create a Happier and Healthier You

Anxiety and stress are at record levels causing exhaustion, burnout, and the creation of unhealthy habits.

**97%**  
user satisfaction

At Ompractice, we understand self-regulation can be the key to living a healthier, happier, and more productive lifestyle.

Students get accountability, community, and a variety of class options through Ompractice's 2-way interactive platform.

**69%**  
decreased stress

Choose from over 100 group lessons weekly in yoga, meditation, wellness, and more with 50+ instructors globally.

**63%**  
feeling happier

Regardless of what drives you; personal health. living a more full life for the grandkids or training for a marathon, Ompractice has something that can support you.

Find what brings you happiness and create a routine that you look forward to week after week.

**31%**  
sleeping better

**FREE to all employees and their immediate family members in MIIA/Blue Cross member groups**

### Classes Include:

- Restorative Yoga
- Power Yoga
- Pilates
- Sound Bowls
- iRest Meditation
- Stretching
- Breathwork
- Yin Yoga
- Barre
- Kids Yoga
- Hatha Yoga
- Selfcare
- Meditation
- Gentle Stretch
- Yoga for Grace
- Silent Meditation
- Chair Yoga
- AND MORE!



Sign up by scanning above or by visiting:  
[app.Ompractice.com/memberships/miia](https://app.Ompractice.com/memberships/miia)